

You're Not in Egypt Any More

The Art of Rest: Making War on Busy

January 29, 2025

Discussion Questions:

1. Tell your group about the last time you felt fully rested. Where were you? What were you doing? How do you feel now, reflecting on that time?
2. Have you ever experienced physical or emotional burnout? What were the warning signs, and how did you respond?
3. When was the last time you said no to a responsibility or opportunity? Did you struggle with guilt afterward, and why?
4. Read Psalm 63:1 aloud. What might be preventing you from regularly connecting with God? How often do you feel spiritually malnourished?
5. Do you view the concept of Sabbath as a command, an invitation, a gift, an inconvenience, or something else? Why? Read Deuteronomy 5:12–15. Why did God include Sabbath as one of the ten commandments?
6. In Genesis, God modeled a day of rest after six days of creation. Read Genesis 2:2–3 aloud! How does this inspire or challenge your perspective on balancing work and rest?
7. What fears or challenges arise when you think about taking a full day of rest each week? What will you need to trust God with in order to overcome those fears?

Application This Week: Are you too busy? What if you weren't? Take some time to consider what life could be like if you practiced a Sabbath each week. What would it feel like to stop all things "work" for a day and trust God to handle what you didn't finish? What would your health and relationships look like?

If you already practice a Sabbath, ask God to reveal to you how you can help someone in your life take a step closer to this holy rest as well!