

Stop Before You Drop

The Art of Rest: Making War on Busy

February 2, 2025

Reflection:

Last week we each reflected on what our lives could look like if we practiced Sabbath each week. Share with your group what you envisioned and what the most impactful or exciting part of it is for you.

Discussion Questions:

1. Read Exodus 31:12-13. God emphasized the Sabbath as a sign between Him and His people, the Israelites. As it says in Luke 5:16, Jesus was intentional about withdrawing to spend time with the Father. What are some obstacles that keep you from planning time to rest and recharge?
2. Read Exodus 31:14-16 aloud. God took Sabbath seriously. Why do you think He emphasized the Sabbath of all things as a sign between Him and His people? Why do you think rest was not optional for the Israelites?
3. Matthew 14:23 says, "After dismissing the crowds, He (Jesus) went up on the mountain by Himself to pray. Well into the night, He was there alone." Why can it be so difficult for us to embrace silence and stillness?
4. God modeled rest and refreshment for us! (Exodus 31:17) How does that affect your perspective on Sabbath? What are some activities that refuel your soul? (Think about time in nature, creative hobbies, worship, time with loved ones, etc.)
5. In Mark 6:31 Jesus told His disciples to "come away and rest." Why do we often view rest as unproductive rather than essential? How does neglecting rest affect your emotional, spiritual, and physical well-being?
6. Read Luke 10:38-42. Jesus praised Mary for sitting at His feet rather than being distracted by busyness. What does this teach us about the true purpose of rest? How does sitting with Jesus in prayer, Scripture, and stillness bring deeper renewal than just physical rest?

Application This Week: Live it out!

- **Schedule:** Open your calendar right now. Pick a day or a block of time this week to practice Sabbath rest. What will you do (or not do) to honor this time?

Style tip: If you work with your mind, sabbath with your hands. If you work with your hands, sabbath with your mind.

- **Simplify:** Identify one activity, commitment, or distraction that is keeping you from intentional rest. What can you eliminate to create margin for renewal?
- **Silence & Stillness Challenge:** For one evening this week, turn off all screens, put your phone away, and embrace silence and stillness. How does this affect your stress, focus, and connection with God?
- **Reflect & Adjust:** At the end of the week, take five minutes to evaluate: How did practicing stopping and resting impact you? What changes do you want to make permanent?