

You're Not In Egypt Anymore

The Art of Rest: Making War on Busy - Part 1

January 26, 2025

thebayouchurch.org/groups

Would you try a small group for just 6 weeks?

77% of workers experience burnout (Deloitte)

74% of parents feel too busy to enjoy life (Pew)

27% of teens are struggling with burnout (Harvard)

Are you too busy?

- How often do you feel physically or mentally drained, even past empty?
- When was the last time you had a day where you weren't thinking about work or other obligations?
- Are you consistently sacrificing sleep?
- When was the last time you said no and didn't feel guilty?
- Are any important relationships being neglected? Would your spouse, kids, or close friends agree with your answer?
- If someone were to look at your schedule, what would they deduce is most important to you?
- Is your body trying to tell you that you need to slow down?
- Are you spiritually malnourished and unable to spend enough time with God?
- Does church attendance, daily Bible reading, prayer, and small group often get neglected, or rarely happen?

The costs of being too busy are high: Increased risks of disease. Weakened immune system. Sleep disorders. Weight loss/gain. Body aches/pains. Anxiety. Depression. Irritability. Loss of motivation. Communication breakdowns. Strained relationships. Social isolation. Decreased productivity. Impaired concentration. Neglect of self-care. Reduced spiritual engagement. Spiritual exhaustion. Increased temptation. Loss of hope/faith.

"¹¹So the Egyptians made the Israelites their slaves. They appointed brutal slave drivers over them, hoping to wear them down with crushing labor... ¹³The Egyptians worked the people of Israel without mercy. ¹⁴They made their lives bitter ... They were ruthless in all their demands." Exodus 1:11, 13-14 (NLT)

"¹²Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. ¹³You have six days each week for your ordinary work, ¹⁴but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. ... ¹⁵Remember that you were once slaves in Egypt, but the Lord your God brought you out with His strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day." Deuteronomy 5:12-15 (NLT)

You're not in Egypt anymore.

"For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the Lord blessed the Sabbath day and set it apart as holy." Exodus 20:11 (NLT)

"²On the seventh day God had finished His work of creation, so He rested from all His work. ³And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation."
Genesis 2:2-3 (NLT)

God built Sabbath rest into the fabric of the universe.

"You can go against the grain of the universe, but you're going to get splinters." -H. H. Farmer

Sabbath = *Shabbat* (Hebrew) = to stop, to cease, to rest

Sabbath is a 24-hour period of rest that follows 6 days of work, set apart to honor God, refresh the body, and renew the spirit, as modeled and commanded by God.

Sabbath is God saying: "I've got you."

Sabbath is our way of saying: "Ok, I trust You."

The benefits of Sabbath: Restores energy and reduces fatigue. Lowers stress levels. Improves sleep quality. Boosts immune system. Reduces anxiety and increases peace. Prevents burnout. Increases efficiency. Improves decision-making. Encourages sustainable work-life balance. Strengthens family bonds. Fosters better communication. Deepens connection with God. Strengthens faith. Encourages trust in God's provision. Offers space to hear God's voice. Cultivates gratitude for blessings. Encourages hope and purpose.

One study of over 130,000 people: Those who practiced weekly sabbath lived 7-10 years longer than the average American. (Loma Linda University)

Sabbath is the only spiritual discipline in the 10 commandments.

I can't take 24 hours! I've got too much to do!

Jesus did. Am I more important or more busy than Him? Are you?

- Are you too busy?
- Are you in denial about your need for rest?
- Are you uncertain about how to rest?
- Are you ready to take God's command/invitation seriously/literally?
- What could it look like?
- What fears or concerns come to mind when you think about taking a full day of rest each week?

- What would it feel like to stop everything for a day and trust God to handle what you didn't finish? Scary? Or awesome?!
- Do you need to repent for not obeying God's clear command and thinking you can operate outside of His guidance and provisions?
- Will you accept His invitation to Sabbath?