

The Gift of Rest

The Art of Rest: Making War on Busy

February 9, 2025

Reflection:

Last week we tried to practice Sabbath rest. How did it go for you? Share with your group what you did for your Sabbath (or intentionally didn't do), how it impacted you, and what you would repeat or change next time.

Discussion Questions:

1. Share a story about a time of your life when you felt empty, out of gas, and overworked physically, mentally, emotionally, and/or spiritually. What did that look like, and if you can remember, how long had it been since you took a day off?
2. When you do have time to yourself, how long does it take you to disconnect fully? What factors contribute to this? How long do you think it would take you if you had a built-in 6-1 routine of rest?
3. Pastor Sean talked through Exodus chapter 16, where God is leading His people from slavery in Egypt to His promised land. After journeying a bit, they're worried that God is going to let them starve, but He provided manna each morning (a white, flaky substance for them to make into bread). What does it say about God that He provided new manna each morning, except on the seventh day?
4. Read Exodus 16:29 aloud. How does trusting God with Sabbath rest demonstrate faith in His provision?
5. Have you ever thought of resting as a weakness? How does the idea that "rest is a weapon given to us by God" challenge or affirm your current mindset about rest and productivity?
6. In what ways does Jesus serve as our ultimate Sabbath rest? How does this impact your understanding of salvation? (Verses for discussion: Hebrews 4:9-10, Colossians 2:16-17, Matthew 11:28-30, Hebrews 4:3)
7. What do you need to put into practice this week? Do you need to tweak your Sabbath practice from last week? Do you need to scale back and start smaller? Do you need to trust Jesus as your ultimate Sabbath rest?

Application This Week:

Mark a specific time during each day that you step away from whatever it is you are doing and practice sitting in silence for 5 minutes. You may want to change your scenery, step outside, go to a different room, or even face a different direction to “break the business.”

Try to keep your mind from wandering by focusing on breathing. In the stillness, really notice what you feel, hear, smell, and see. This can help you settle your mind and your heart, bringing your focus on Jesus and allowing you to lay down the things that are distracting you from time with the Lord.

Groups can create accountability and motivation for each other by sharing their experiences each day throughout the week! It's important to remember, as Pastor Sean says, it's a journey, not a destination.