



MESSAGE BIG IDEA

Jesus invites us to move away from hurry and into Sabbath.

SCRIPTURE

Genesis 2:1-3, Exodus 20:8-11, Deuteronomy 5:12-15, Matthew 11:28-30

ICEBREAKER

If you could spend a day doing anything you wanted, what would you do? How would that day look and feel?

OPENING THOUGHT

Often, we are told that we need to work - a lot. Our economy encourages almost constant work, from 'side hustles' to commoditizing our time or cars (think Lyft and Uber) to taking our hobbies online to sell (Etsy and eBay) - we are bombarded with messages that working is something we should do all the time. What messages around rest and work have you swallowed? Did your family of origin allow for times of rest?

BIBLE DISCUSSION

1. Read Genesis 2:1-3. What stands out to you here?
2. Read Matthew 11:28-30. How does this promise make you feel? Does it feel doable?
3. Now read both passages back to back; how do these two passages interact with each other? Do they change the way you hear one of them?

LIFE APPLICATION

4. When you think about a day devoted to doing nothing, focusing on rest and simplicity, how does that make you feel? How often do you allow yourself or even schedule yourself to have a day like this?
5. If you were told that you are enough, right now, as you are - what is your initial response to that? What feelings arise?
6. Rest is essential to who we are as humans; we need it as much as we need purpose and work. Have you ever worked so much that you burned out? What was your experience?
7. Read the quote from American theologian, Walter Bruggemann and discuss its implications for your life:

"The Sabbath...announces that the world is safely in God's hands. The world will not disintegrate if we stop our efforts. The world relies on God's promises and not on our efforts. The observance of sabbath rest is a break with every effort to achieve, to secure ourselves, and to make the world into our image according to our purposes."

CHALLENGE

If you can't set aside a whole day for rest (due to work or family obligations), schedule four to six hours for yourself somewhere. Focus not on getting something else done or cleaned or organized but on resting. What would that look like for you? Now take out your phone and put that time in your calendar. Protect it, and be prepared to check in next week to talk about your Sabbath experience.