

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 AND OPENING THOUGHT

These are designed to get your group talking. Work and rest can be sensitive topics to discuss, and we want people to feel 'warmed up' and safe. Encourage everyone to answer, but don't force anyone.

BIBLE DISCUSSION

Taking a day off from work can feel luxurious or even wasteful so remind your group that it is neither - it is needed. You might need to encourage them to unpack some of the messages they have gotten from culture or their upbringing to see that this biblical call for rest is indeed God-given.

Sabbath isn't supposed to be another burden, though at first, it can feel like it when we're unused to taking time off or for ourselves. It is a practice of life that may be hard to form at first. That's true for most new habits.

LIFE APPLICATION

We're conditioned to work hard and long and often. Our jobs are designed to extract the most amount of work out of us. Your group members might work one, two, or even three jobs trying to get ahead. This isn't about shaming them for the number of hours they have to work to make ends meet, but it is a reminder that we must also take care of ourselves, or we run the real risk of burnout, overwork, and stress-related health problems.

Help them unpack the difference between working out of fear and working out of need. Sabbath can help us distinguish between what is necessary and what is a habit. Our rest is just as important as our work, yet we are often defined by what we do instead of who we are. God calls us out of that and into more.

CHALLENGE

If you can't set aside a whole day for rest, 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 the sabbath experience.