

August 9 Discussion Questions

“The Gift of Rest”

Genesis 1:1-5; 2:1-3

Preview

“On the seventh day God finished his work that he had done, and he rested on the seventh day... So God blessed the seventh day and made it holy, because on it God rested from all his work...” Genesis 2:2-3

3 Reasons to Rest:

- Rest is a **Necessity** - There are **Limits** to what we can accomplish (Gen. 2:2)
- Rest is a **Command** - We reflect **God’s Image** when we rest (Ex. 20:8-11)
- Rest is a **Promise** - both present and **Future** (Mk. 2:27; Heb. 4:10-11)

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Mathew 11:28-30

Connect

1. If you had a two-day getaway to relax, rest, and rejuvenate, where would you go and what would you do?
2. Based upon your personality, what kind of activity most drains you and thus requires you to respond with rest? (i.e. social gatherings, studying, physical exercise, etc)

Read Genesis 1:1-5; 2:1-3

Discuss

3. From these two passages of the creation story, what pattern is set up by God?
4. How would you define rest? Do you think your definition is the same as God’s?
5. Why do you think God established a pattern of rest for His people?
6. Why do we fail to believe we need rest? What is a specific area in your life that you hesitate to rest in? Why do you think that is the case?
7. Share a story from a season in your life when you failed to take rest seriously. How were you or others affected? When did you realize something had to change?
8. How are outward rest from activity and inward rest related? How does the Gospel speak into each one?
9. Read Hebrews 4:8-11. What is the “Sabbath rest” that remains for the people of God? How does the promise of *this* rest free us to rest now?

Apply

10. How are you doing with balancing resting with working? Is an imbalance having a known effect upon your attitude, energy levels, relationships, or quality of work?
11. What have you found brings you the most rest physically, emotionally, relationally, and spiritually? Have you incorporated and planned this into your schedule?
12. How can you cultivate a greater sense of spiritual rest throughout the course of an ordinary day?

Pray

Personal Prayer Focus: Pray as we come to Jesus we will find rest for our souls. *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* Matthew 11:28-30