

# SESSION 6

## Rest



Rest = \_\_\_\_\_

### REST DEFINED

1. Cessation

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2. No production

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3. No cultivation

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4. No creation

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5.

6. Not carrying weight

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**THE IMPORTANCE OF RHYTHM**

Daily

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Weekly

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Monthly

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Annually

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Macro/Seasonal

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## REASONS WE DON'T REST

When I cease/rest I feel \_\_\_\_\_ (I have become what I do—I cannot simply be).

When I cease/rest I feel \_\_\_\_\_ and \_\_\_\_\_.

- I don't really know God and am not in relationship with him, or, my relationship with him is so shallow I cannot find comfort in him.

***Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.***

— Psalm 46:10

- I don't have deep relationships with others outside of work.

When I cease/rest I become increasingly \_\_\_\_\_.

### Which might reveal:

**Pride** — “I’m so important that if I don’t pay attention, the world will fall apart.”

***And all of you, dress yourselves in humility as you relate to one another, for “God opposes the proud but gives grace to the humble.” So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.***

— 1 Peter 5:5b-7

**Unbelief** — “God is either inept or unfaithful.”

***God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters surge!***

— Psalm 46:1-3

**Greed** — “I might miss an opportunity to maximize my wealth, prestige, or influence.”

**If I don't rest I will inevitably fall into escape and ultimately addiction.**

## HOW TO SOLVE IT

### 1. Pray and work for a change of heart

**Self-examination:** Discern the condition of your relationship with God and begin to learn to be with him (Psalm 46—cease and know that I am God).

**Spiritual Disciplines:**

- Worship (focused — concentrated — intentional — public & private)
- Prayer (confessing need and sin — crying out to God — entrusting cares to him)
- Scripture reading/meditation
- Community
- Service
- Preaching to yourself instead of listening to yourself (taking every thought captive)

***We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.***

**— 2 Corinthians 10:3-5**

### 2. Change the behaviors (immediately)

- Work on a schedule
- Daily rest (sleep)—work to sleep
- Weekly ceasing
- Periodic rest

## Discussion Questions

1. In this season of your life, what are the circumstances that tempt you to disobey God by not resting (daily, weekly, periodically)?
2. Are there ways in which your work environment is particularly hostile to obeying God in this area? What are the difficulties you are likely to face applying this teaching in your workplace?
3. Which of the sinful motivations (pride, unbelief, or greed) have the greatest hold on your heart? What do you need to do about it? What truth do you need to preach to yourself?
4. Name two concrete steps that you need to take to obey God by resting.