



A SACRED CALLING

September 24th, 2016

Work: Rest and Recreation

Today's culture holds a much different perspective on rest and recreation than what the Bible teaches us. If we don't protect ourselves from it, culture will encourage us to chase after hopeless things and attempt to control what is not ours to start with. God created rest and recreation for our benefit and to teach us to trust in Him. Recreation is a time of joy, living in the moment like children, leaving us refreshed and invigorated. Rest is not a time of skeptically stepping away from tasks but rather trusting that God is sovereign and in control. Both of these differ greatly from the concept of escape that we discussed earlier in the series. Jesus waits on us with arms open ready to take on our burdens and let us rest.

Questions:

1. When you hear the word recreation what comes to mind? What about the word rest?
2. Bill describes recreation as living in the moment and enjoying life like children. Can you describe a time when you spent quality time with a spouse or someone close to you when you had no agenda, no plan? If not, what is preventing you from doing so?
3. What does your work, recreation and rest look like and is it balanced in a Biblical sense? What are ways you can move towards balance?
4. The society we live in today essentially advertises "faster is better" and "more is better" and so on. With such a hyperactive ADHD world how would you feel if you had to stop and just rest and reflect for a full 24 hours? Could you do this?
5. Read Matthew 11: 28-30. Have you ever felt at peace or rest? Share with the group. What does it look like to find rest in Jesus and lay your burdens?