

Week 2: End of Tyranny

Main Idea: The remedy for our over-worked, under-rested lives is Sabbath. God calls us to give Him one day out of every seven, and when we do we will discover that less is more.

Bible Verses to Read:

Genesis 2:2-3: *By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

Exodus 20:8-11: *“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*

Matthew 11:28-29: *“Come to me, all you who are weary and burdened, and I will give you rest. 29 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.*

- Do you often wish you had more hours in the day? If you could, how many extra hours do you think you would need in a day to get by?
- During the message, we mentioned how culture values busyness and pushes us to fully occupy our time. Do you feel this pressure? How does it make you feel?
- Read Exodus 20:8-11. How do you relate to the lifestyle of regular rest portrayed in this passage? Why do you think it is so hard for us to stop being busy and just rest?
- During the message we mentioned, "The remedy for a non-stop culture is **SABBATH**". What do you think that means? Do you agree with that statement? Why or why not?
- During the message, we mentioned to "Build rest into our natural rhythms". Have you ever thought about scheduling rest time? Does that sound strange to you? Does it sound relieving, or difficult?

FINAL THOUGHT: This week, see if you can find a day when you can REST. If that seems impossible, what might you need to do to begin to prioritize a day of rest this week?