

Give It a Rest Week 1: It's a Gift

Objective: To challenge us to build rest and worship in to the rhythm of our lives .

ICEBREAKER

What's the worst "gift" you've ever received?(One that felt more like a chore than a blessing.)

1. The sermon described our culture as constantly busy, productive, and never turning off.

- Where do you feel the pressure to always be productive?
- What makes it hard for you to slow down?

2. The sermon gave us a working definition of Sabbath: "A regular, intentional day to stop working, rest deeply, and remember that God is God and we are not."

- What part of that definition is hardest for you?
- Stopping? Resting deeply? Remembering God is God?
- Why?

3. Amos 8 shows people frustrated that Sabbath was interrupting business.

- Have you ever felt like rest was "getting in the way" of what you needed to accomplish?
- What does that reveal about what you trust most?

4. Jesus confronted religious leaders who turned Sabbath into heavy rule-keeping.

- Have you ever experienced faith feeling like performance?
- How can we unintentionally turn good spiritual practices into heavy burdens?

5. Many of us were raised with the mindset: *Rest is earned.*

- Where did you learn that rest must be earned?
- How does that mindset affect your relationship with God?

6. In Genesis 2, humanity's first full day was a day of rest.

- What does it mean that we began with rest, not work?
- How does that reshape how you see God?

7. In Matthew 11, Jesus says, "Come to me... and I will give you rest."

- What burdens are you currently carrying that you need to bring to Jesus?
- What would it look like to receive rest instead of trying to earn it?

FINAL THOUGHT

Sabbath is not about proving yourself to God. It's about trusting that the work is finished and receiving what He freely gives. We don't rest because everything is done. We rest because God is enough.

THIS WEEK – PRACTICE THE GIFT

Choose one 24-hour period (or as close as possible) this week and:

- STOP trying to produce.
- REST intentionally.
- WORSHIP and remember that God is God and you are not.

Before that day begins, write down:

- What work will you stop?
- What will help you rest deeply?
- How will you intentionally remember God?

Treat Sabbath not as a test to pass — but as a gift to receive.