

Give It a Rest

Week 4: Stop and Smell the Roses

Objective: To help us see Sabbath as God's life-giving invitation to stop working, receive His gift, and learn to live with rest, delight, and worship.

ICEBREAKER: Have you ever received a gift and had no idea what it was for or how to use it? What happened?

1. A Gift We Often Ignore

The sermon compared Sabbath to a gift people often misunderstand or leave unused.

- Why do you think so many people either ignore Sabbath or misunderstand it?
- Did you grow up with too many Sabbath rules, no Sabbath practice at all, or something in between?
- How has that shaped the way you think about rest?

2. "Stop Working and Start Living"

The main idea was: *Sabbath is God's invitation to stop working and start living.*

- What stands out to you about that phrase?
- In your life right now, what feels more dominant: working or living?
- Why is it hard for many of us to believe that stopping is actually part of faithful living?

3. Blessed and Holy (Genesis 2:2-3)

In Genesis, God blessed the seventh day and made it holy.

- What does it mean to you that God made a day "blessed" and "holy"?
- How does the idea of Sabbath as life-giving "re-creation" deepen your understanding of it?
- What might God want to restore in you through Sabbath?

4. Sabbath Is More Than a Day Off

The sermon made a distinction between a day off and a Sabbath.

- What is the difference between not going to work and actually practicing Sabbath?
- How can a day off still leave us tired or distracted?
- What usually keeps your rest from becoming true rest?

5. Stop, Rest, Delight, Worship

We were given four ways to "use the gift" of Sabbath: stop, rest, delight, and worship.

- Which of those comes most naturally to you?
- Which one is hardest for you?
- What does that reveal about your current pace, habits, or heart?

6. The Problem With Rules — and the Problem With None

Jesus said, "*The Sabbath was made for man, not man for the Sabbath*" (Mark 2:27).

- Why is it dangerous to turn Sabbath into mere rule-keeping?
- Why is it also dangerous to throw the whole practice away?
- How does Jesus help us recover the purpose of Sabbath?

7. Delight as a Spiritual Practice

The sermon emphasized that Sabbath is not just about saying no to work, but yes to delight.

- What kinds of things genuinely restore joy, gratitude, and life in your soul?
- What would it look like to plan for delight instead of just collapsing from exhaustion?
- How could delight become an act of faith instead of self-indulgence?

8. Worship and Remembering God

We said that Sabbath helps us *remember that God is God and we are not.*

- How does constant work, stress, or distraction affect your ability to worship?
- What happens in you when you truly turn your attention back to God?
- How could a weekly Sabbath reshape your relationship with God over time?

FINAL THOUGHT

Sabbath is not God taking something from us. It is God giving something back to us. He invites us to step out of hurry, striving, and exhaustion so our souls can breathe again. When we stop working, rest deeply, delight in what is good, and remember that God is God, we begin to discover that real life is not found in endless production, but in receiving what God has already given.

THIS WEEK – RECEIVE THE GIFT

Set aside intentional Sabbath time this week and practice the full rhythm: stop, rest, delight, and worship.

- STOP work and anything that keeps your mind chained to work.
- REST in ways that renew your body, mind, and soul.
- DELIGHT in what is good, beautiful, and life-giving.
- WORSHIP by remembering that God is God and you are not.

Before your Sabbath begins, write down:

- What do I need to stop this week?
- What truly brings life back into my soul?
- How will I intentionally turn my heart toward God?

Receive Sabbath not as one more thing to do, but as God's invitation to start living.