

Labor Day 2017
Study Guide
Work/Rest Rhythm

Main Point: What does a healthy and biblical work/rest rhythm look like?

1. Living a busy life can lead to living a selfish, stressed out, over committed, and discouraging life. Read Exodus 20:8-10... God created the week intentionally with a day of rest.
 - What areas of your life have become cluttered or busy?
 - How has living a busy life affected your family? Relationships? Personal time with God?
2. This weekend we were taught that rest is an opportunity to grow deeper and closer to God. Our ability to rest is directly tied to our ability to trust.
 - Do you find it difficult to trust God in the rest, that **He** will take care of and meet your needs? Why or why not?
 - How have you witnessed God's faithfulness as you taken time to rest?
3. The two steps that needs to be taken in order to experience true rest is: stop for the quest of more and face your over inflated view of self.
 - What do you need to stop pursuing in order to stop the quest for more in your life?
 - What areas of your life do you need to loosen your grip or control and let God take control? Your marriage? Your kids? Your health?
4. Read Leviticus 25:18... Obedience brings us into a place of rest and provision.
 - Rest was intended to come from a right relationship with God. Where does your rest come from?
5. Read Matthew 11:28-30... Jesus taught his disciples to draw near in the midst of the storm.
 - When you are wreathing the storms in your life, do you draw near to Christ? If not, where do you find your rest? Money? Family? Friends?

Next Steps: Here are some ways to make rest a regular part of your rhythm of life.

- Once a day, cease from your regular activity, withdraw, and rest in God's presence.
- Join a group
- Make Worship a weekly priority

Further Reading:

Psalm 55

Mark 2:27

Psalm 4:8

Psalm 23

Hebrews 4:9-11

Philippians 4:6-7