



FINDING HEALTHY BALANCE

GOODINTENSION

IN A CULTURE OF EXTREMES

Good in Tension: Running vs. Resting

Icebreaker (10 Minutes)

- **Hook:** When was the last time you felt completely exhausted—physically, mentally, or emotionally? What led up to that moment?

Part 1: The Reality Check (15 Minutes)

Sermon Context: Statistics show that 1 in 3 Americans is sleep-deprived, nearly half feel completely drained at the end of every workday, and almost half of U.S. workers don't use their full PTO. We are constantly running and in desperate need of rest.

1. Which of those statistics hits closest to home for you right now, and why?
2. What makes it so difficult for us to slow down in our culture today?
 - a. What internal or external pressures keep us running?

Part 2: The Holy Tension (20 Minutes)

Sermon Context: Think of a guitar string. If it's too loose, it's silent. If it's too tight, it snaps. Music only happens in the tension. God designed our lives to operate in a holy tension between *Running* (working wholeheartedly) and *Resting* (practicing Sabbath).

1. Running: Working for the Lord

Read: Colossians 3:23 & 1 Corinthians 9:24–27

- **Discussion:** The sermon contrasted two ways to run: *Running for Self* (driven by anxiety, pride, or proving worth) vs. *Running for the Lord* (driven by gratitude and stewardship).
 - How can you tell which "prize" you're running for in your daily work, school, or parenting?
 - What does it look like to turn everyday tasks into an act of worship?

2. Resting: Sabbath as Faith

Read: Exodus 20:8–11 & Mark 6:30–32

- **Discussion:** There is a big difference between **True Rest** and just **Tuning Out** (numbing out with scrolling, bingeing, or avoidance).
 - Why does "tuning out" often leave our souls feeling just as tired as before?
 - The sermon said, "*Stopping work is an act of faith—it declares that God holds the universe together, not us.*" Why is intentionally stopping so hard for us to do?

Part 3: The Gospel Shift (15 Minutes)

Read: Matthew 11:28–30 & Hebrews 10:12

1. **Earning Rest vs. Running from Your Resting:**
 - The world says: *Run hard so you can earn your rest.*
 - The Gospel says: *Rest in what Christ finished, then run from a full heart.*

- How does knowing Jesus already completed the ultimate work on the cross change the way we view our weekly workload?

Part 4: Living in Tune (Application) (15 Minutes)

Take a few minutes to reflect on these four practical steps. Share 1 or 2 areas where you feel prompted to make a change this week:

- **Audit Your Running:** What prize are you actively running for right now?
- **Set a Finish Line:** What is one practical boundary you can set this week to signal that your workday is over (e.g., turning off work email notifications, stepping away from your phone at 5 PM)?
- **Practice Sabbath:** How can you incorporate the four Sabbath habits into your upcoming week?
 1. **Stop** (cease work)
 2. **Rest** (recharge physically)
 3. **Delight** (enjoy God's good gifts)
 4. **Worship** (focus your heart on Him)

Prayer Focus

- **Confession:** Acknowledge where we have made productivity our identity or trusted in our own effort over God's control.
- **Gratitude:** Thank Jesus for doing the heavy lifting on the cross so that our ultimate rest is secure.
- **Petition:** Ask the Holy Spirit for wisdom to set healthy finish lines, courage to practice true Sabbath rest, and joy as we run the race set before us.