



Rhythm of Work and Rest – November 9th, 2025 **LIFEgroup Guide**

Icebreaker Questions

1. Have you ever had your car break down or run out of gas? (Or, if you don't use a car, has your phone, computer, or something else you rely on ever stopped working?)

LIFEgroup Lesson

I. Discussion Questions

1. In her story about her son's remote-controlled car, Kimberlee explained how her son tried to fit so many extra modifications into the car that it suddenly stopped working completely. Share a time when you tried to take on more responsibilities or fit more into your schedule than you could reasonably handle. How did it turn out for you?
2. Kimberlee said, "God didn't rest because He was tired." In our culture, rest is often something we do simply to stop being tired, but to God, and in His commandments to the Israelites, rest is an intentional action. What would you say the purpose of your rest is, and does it align with God's design?
3. Read Exodus 16:24–29. In this passage, the Lord provided the Israelites with enough food so that they could rest on the seventh day. Moses explained to the people that "the Sabbath is the Lord's gift to you" (NLT). Do you believe that the Lord has gifted you with time for rest? How can you trust that God has provided for you to be able to have a Sabbath?
4. What does a Sabbath day look like to you?
5. As you enter this month, what intentional actions can you take to observe the Sabbath and live the way God designed you to?