

LEARNING TO BREATHE

Discussion Questions 5/10/26

Rest & Work

Intro: God created humanity to reflect him through both meaningful work and intentional rest, but sin distorts both by pushing us either into striving like everything depends on us or disengaging from the responsibilities God has given us. Sabbath reminds us that we are not slaves to productivity, and work reminds us that we were made with purpose. In Jesus, we are invited into a rhythm where work becomes partnership with God and rest becomes trust in God.

Story: How has God met you either in rest or work?

Read: Genesis 2

1. The sermon said, “Your rhythm of work and rest is a testimony about who you believe God is.” What do your current rhythms communicate? (If you’re open to feedback from your group, say so)
2. Why do you think it matters that work existed before the fall in Genesis?
3. What’s the difference between true rest and simply “checking out” or escaping?
4. Read Colossians 3:1-17. While “whatever you do” is quite vague, Paul already listed specific activities in verses 12-16. How can you incorporate the work Paul talks about into your day-to-day life?
5. What is one specific step you feel God may be inviting you to take after hearing this message?

Pray:

- For wisdom in a work/rest rhythm
- The marginalized to find rest from their endless work just to survive
- Your work to be meaningful in the Kingdom of God