

HURRY MUCH? (Week 5)

February 8th, 2026

“Six Days of Work, One Day of Rest: Entering God’s Rhythm”

Review:

- We often live our lives too fast paced, too busy, and with too full of a schedule.
- This is unhealthy and it leads to poor health in other areas of our lives (physical, mental, emotional, relational, spiritual, etc.).
- Jesus lived the most profound life full of meaning and purpose, yet He wasn’t hurried. He invites us to learn from Him ([Matt 11:28-30](#)). To do life at His pace.

Preview:

- **Today** – we’re wrapping up the series.
- God designed us for a balanced life of rest and activity/work.
- He modeled this for us.
- We need to prioritize His ways and not allow the crazy to choke out His life-giving practices.

1. God created us to have a **BALANCED** life of work and rest.

Genesis 2:1-3 (NLT) *So the creation of the heavens and the earth and everything in them was completed. ² On the seventh day God had finished His work of creation, so He rested from all His work. ³ And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation.*

- From the beginning of God’s creation, He modeled a rhythm of work and rest ([6 to 1 ratio](#)).
- Work has always been part of God’s plan for us, even before the fall and curse of sin ([Gen 2:15; 1:26-28](#) vs. [3:17-19](#)).
- We’re commanded to work ([Ephesians 4:28; Ecclesiastes 2:24](#)) and not be sluggards ([2 Thessalonians 3:10; Proverbs 6:6](#)).
- We’re also commanded ([Exodus 20:8-11](#)) and invited ([Matthew 11:29-30; Hebrews 3:19-4:11](#)) to rest.
- We need to follow God’s example and His definition of balance in all areas of our lives ([Ephesians 5:1-2](#)).

2. God sees REST as a GIFT.

Mark 2:27 (NLT) *Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.*

- Rest defined: To cease [[striving](#)]; to be refreshed; eternally in Heaven where there is no more trials and struggle.
- Embrace the principle, as its practice will look different for each ([that which is actually restful for you](#)).
- Escapism/numbing/purposeless laziness is **NOT** God’s definition of rest.
- His design of rest brings many benefits ([it’s a gift to you](#)) – physically, mentally, emotionally, relationally, spiritually.
- God can use suffering at times to force us to rest.
- Sometimes it has nothing to do with correction because we are wrong, but rather it’s for our protection.
- It’s essential that we learn how to accept suffering because it is a part of the world we live in.

3. Why do we struggle?

Hebrews 3:19 (NLT) *So we see that because of their unbelief they were not able to enter His rest.*

- We always get off track from God’s design ([our sinful nature](#)) through unbelief resulting in acting on our doubts of God’s goodness ([Genesis 3:1-6; Exodus 16:27-29; Hebrews 3:19-4:11; Matthew 13:58; Mark 16:14](#)).
- Our unbelief can show up in our: workaholism, escapism, people pleasing, etc.
- When we reject God’s gifts ([salvation, rest, etc.](#)) – we always lose ([condemnation, unhealth, etc.](#)).

4. HOW do we rest?

Matthew 6:33 (NIV) *But seek first His kingdom and His righteousness, and all these things will be given to you as well.*

- We will only experience God’s gift of rest as long as we’re willing to follow His priorities ([John 15:5; Romans 14:6; Matthew](#)

22:37-40

- What does your calendar reveal about your priorities? What do you put in first?
- We need to experience the balance of activity and rest in every area of our lives – where do you need to make an adjustment? (circle the area chosen)
 - Physically – increase or decrease activity? Increase or decrease rest?
 - Mentally – increase or decrease activity? Increase or decrease rest?
 - Emotionally – increase or decrease activity? Increase or decrease rest?
 - Relationally – increase or decrease activity? Increase or decrease rest?
 - Spiritually – increase or decrease activity? Increase or decrease rest?

1 Corinthians 6:12 (NLT) *You say, “I am allowed to do anything”—but not everything is good for you. And even though “I am allowed to do anything,” I must not become a slave to anything.*

1 Corinthians 10:23 (NLT) *You say, “I am allowed to do anything”—but not everything is good for you. You say, “I am allowed to do anything”—but not everything is beneficial.*

Practical Application

1. Are you willing to surrender your own version of health and life to receive God's version?
2. Put in your calendar: daily time with God.
3. Put in your calendar: a weekly sabbath day of rest.
4. Identify where you're out of balance, confess to God and another believer, and make adjustments.

Articles supporting the need for rest:

- **Physical:** Sleep: <https://askthescientists.com/healthy-sleep/>
- **Mental:** Cognitive rest: <https://askthescientists.com/cognitive-rest/>
- **Mental:** Activities bad for your brain: <https://tutorbees.net/blog/things-that-kill-your-brain-cells/>
- **Social media's impact on you:** <https://www.mga.edu/news/2022/06/is-social-media-bad-for-your-mental-health.php>

FOR SMALL GROUP DISCUSSION:

Opening Question: Have you ever slept through an important appointment?

Main Point: In our culture of drivenness, anxiety, and workaholism, we actually need to learn how to rest. From the very beginning God gave us lessons to teach us how to work and rest at a good pace.

Main Scripture: **Hebrews 4:1-13 (NLT)**

Head Questions:

- Why did God rest on the seventh day of creation?
- What is the difference between “*numbing*” rest and “*restorative*” rest? Is there a purpose for both types? What type of rest makes you feel most rested?

Heart Questions:

- Do you practice a day of Sabbath rest in your weekly schedule? Why or why not?
- What challenges your ability to enter God's rest (*pride, consumerism, hurry, circumstances, worry, etc.*)?

Hands Questions:

- What does it look like for you to “*make every effort to enter into [God's] rest*”?
- How can you make that a regular rhythm in your life?

Additional Scripture: **Genesis 2:1-3, Exodus 20:1-3, Mark 2:27, Psalm 127:2 (NLT)**