RUNNING ON EMPTY

EXODUS 31

ANNOUNCEMENTS

New to Mosaic or want to an opportunity to know more? - Sign up for the upcoming mValues Covenant Membership Class being held on 11/15!

RELATIONAL CONNECT & CHECK-IN

When has someone talked you into something you complained about the whole time before only to look back and realize that you actually enjoyed it (or it was good for you)?

GROUP DISCUSSION

Read Exodus 31:12-17 & Matthew 11:28-30

1. Where are you "running on red" right now? How does that exhaustion affect your relationships, your attitude, or your connection with God?

2. God interrupts even the work of building His dwelling place (The Tabernacle) with a command to rest. What does that reveal about His priorities? How do we discern when doing something "for God" has become an excuse for neglecting our relationship with Him?

3. "We are not defined by what we do, but by whose we are." Where are you most tempted to measure your worth by your productivity, accomplishments, or usefulness? How might Sabbath challenge that?

4. For Israel, resting required trusting God's provision completely on that day of rest. What feels most difficult about stepping away from your normal day-to-day, week-by-week, month-by-month responsibilities? What would you need to trust God with?

5. The message challenged us to notice when a good thing becomes a "god thing." How can you recognize when work, serving, achievement, or even family activities have taken too much control of your life? Has the Holy Spirit been convicting you of anything you need to "dethrone" in your life right now?

6. Read Mark 2:27. Jesus says Sabbath was made for the Believer's benefit. How does seeing Sabbath as a gift change your approach to it? How could you practice it without turning it into another performance checklist?

7. Read Matthew 11:28–30. Jesus offers rest, but He also invites us to take His yoke and learn from Him. How do those ideas fit together? What might need to change about the way we carry our responsibilities, even when those responsibilities can't be removed?

8. Sabbath is designed to bring you rest...but not all rest is created equal. What type of rest would holistically "fill your soul", while filling your physical needs, at the same time?

ACTION STEP

Put "Pray and Play" on the Calendar. Schedule an unhurried block of time this week that includes connecting with God and doing something you enjoy. Make one preparation beforehand that will help you be fully present. At your next gathering, share what helped you rest...and what made it difficult.

Lastly: How can we pray as a group for you as a group? Be honest...