



**GUEST SPEAKER
JOHNNIE MOORE**

Leaders: Due to having a guest speaker, *there are no Sermon Notes this week.*
Please use the space below for your personal notes

SMALL GROUP QUESTIONS

Note: Due to having a guest speaker this weekend, we do not have **Sermon Based** Leader Notes or Small Group questions. We have prepared questions that you can send to your group or encourage them to download them from our website.

Getting Started

1. What are your thoughts on rest? What are some ways you'd describe what rest looks and feels like? This is one of those topics that we think we all probably have the same perspective on, but the truth is there is a multitude of attitudes about rest. Some work to earn rest. Some rest to prepare for work. Some see it as lazy or a waste of time. Some see it as the "real life" we live in between commitments that take us away from it. We are all over the map.
2. When was the last time you had what you'd call a "good rest?" What was it like? How did you feel before and after this rest? This can be anything from an afternoon nap to a good night's sleep (for once!) to a three-week vacation in the Caribbean. Honestly, it doesn't matter. What does matter is tapping into the feeling of being "rested," whatever that means for each of us.

Going Deeper

1. Read Ecclesiastes 9:10, Matthew 24:46, and 1 Corinthians 15:58. Based on these two passages, what is God's view of work (whether it is your vocation, ministry, or the work we are all called to in Christ)? What kind of worker are we expected to be? We are working toward the contrast of work and rest so that we can see the purpose of rest as it serves our work. God expects diligent workers. Jesus even based many parables (Luke 12:35-59, Matthew 20:1-16, and others) upon the fundamental view that work is the stuff of life, and we are to honor God in our diligence.

2. Read Luke 10:38-42. How do Jesus' words to Martha give perspective on the priority of work? There are Marthas and there are Marys. Both types think the other could learn a thing or two about how to live life, it's true, but focus on Jesus' words. Martha basically tells Jesus that, if He wants her attention, to ask Mary to help her with the preparations she's busy with. But in verse 41, the words used for "worried" and "troubled" in the Greek paint a picture of utter preoccupation, anxiety, and borderline panic. His rebuke is that she's essentially overwhelming herself needlessly and missing out on what's actually happening in her home - and not to make that Mary's fault. **Bonus:** Have you ever been so preoccupied, anxious, and overwhelmed with a goal, project, or task that you completely missed out on everything else? What do Jesus' words about Mary tell us about Jesus' attitude about setting work aside?

3. Read Exodus 20:8-11, Exodus 31:16-17, and Deuteronomy 5:15. How important is sabbath rest? For each scripture, how is this demonstrated? The first is the inclusion of the sabbath as the fourth of the Ten Commandments. The second shows that we rest once a week because God established that rhythm from the very beginning. The last might be the most interesting - as the Hebrews left Egypt for the wilderness, God established a new Law for this new people, prominently including this law about rest. He then reminds them that they were (past tense) slaves and that He has set them free. What is the one thing a slave would never have been given? Rest. God's sabbath is holy because it is what sets Him apart as a Master.

Applying the Message

1. On a scale from 1-10, (1=Terrible, and 10=Awesome), how are you at resting with purpose? Why? What do you need to work on?
2. The word sabbatical is derived directly from the word sabbath - it is an extended rest from one's ministry. The purpose is traditionally to study or travel as part of making one better at their occupation, not just to take a long vacation. What are you involved in that will soon take an extended break until the fall season? How can the time between now and then serve as a sabbatical?
3. How can you incorporate more rest and sabbath into your work - your occupation, your ministry, or anything else you put your effort into? How would this improve the effort you give?