

Margin

We Need Rest

Sermon Points:

1. We need rest to grow our joy in God. Gen 2:1-3
2. We need rest to grow our faith. Ex 23:10-12
3. We need the rest found only in Jesus. Matt 11:28-30

Group Opener:

Read these stats, which one stands out to you and why?

- 60% of US Adults said there weren't enough hours in the day to complete their to-do lists
- 36% of women and 48% of men say they get the sleep they need
- 50% Americans fail to use all of their vacation each year
- 55% of US adults said they sometimes felt too busy to enjoy life
- 74% of parents said they at least sometimes felt too busy to enjoy life

Discussion Questions:

1. When you rest are you good at taking a break or do you tend to stay busy? Why do you answer the way you do?
2. Read Gen 2:1-3.
What do you think it was like for God to stop to enjoy his creation?
3. Share about a time when you stopped to enjoy God and his creation.
4. Read Ex 23:10-12 How hard do you think it would be to take a year off from farming your land and trusting God to provide? Do you ever struggle to not do work tasks during non-work time?
5. Read Matt 11:28-30 What stands out most to you from these verses? What would it look like for you to come to Jesus in this season of life to find rest in him?
6. How would taking a regular sabbath grow your faith?

APPLICATION/CHALLENGE:

Plan a "sabbath meal" for one night this next week.