

# Small Group Study Guide

## ICE BREAK

- How do we rest in a culture of “Work Hard, Play Hard”? Is the idea of rest “anti-American”?
- Are you busier than you want to be? If so: how did that happen? If not- how do you manage that?

## STUDY

This week we focus on the power and purpose of Rest as submission to God.

What did you learn about REST that was new?

### 1. Read Genesis 2:1-3, Isaiah 40:28

- a. Does God need a nap? Why did he rest?
- b. How is God different from other “gods” of the Middle East?
- c. What is God doing while he Rests? What, then, are the implications for us as we Rest?
- d. God's rest means He is confident- not anxious. How is “keeping busy” a way we cover-up our anxiety?
- e. How do you typically deal internally with stopping, resting?

### 2. Exodus 20:8-11: What are we commanded to **remember** about God, about us and our relationship with Him during Sabbath Rest?

- a. What makes the 7th day, Sabbath, holy?
- b. How is “control or it’s all-up-to us” a factor in being busy vs resting?

### 3. Psalm 62:1 “My soul finds rest in God alone”- or “we are restless to the extent we are God-less”.

- a. What is the process of finding rest in God alone?

- b. Talk about your experience of rest, and specifically Sabbath Rest?
- c. How would you become more, not less, productive if you rested with God?
- d. What changes/adjustments would you have to make to implement more Sabbath Rest in your weekly routines?

## REFLECT

- Consider making a personal commitment to practice Sabbath rest this week, even if only for a couple of hours.

## PRAY

- Pray for each other's spiritual vigor to grow as we make rest a regular routine.
- Follow up on past prayer requests.
- Pray for our activities and rest to point to God as Lord.