


“More Than Doing Nothing”

Remember: The goal of small group is 100% participation . . . to hear from everyone. Choose the questions you think your group will respond to, but center them around the Bible by using the questions marked “  ”



Open It:

- What was your family’s “pace of life” like growing up? Fast? Slow? Something in between?
- If you could set aside one day each week to rest however you want, what would it look like?

Read It:

- Hebrews 4:1-11

Explore It:

- Have you ever had a “wake-up call” moment when physical illness and busyness overwhelmed your life and forced you to slow down? What triggered it?
- Why do you think our culture celebrates busyness and constant productivity? What are the downsides of this mentality?
- Ruth Haley Barton’s book, *Embracing Rhythms of Work and Rest*, describes the struggle to “cease work one day a week.” How do family demands, work, and cultural pressures make it difficult for you to practice this kind of rest?
- Rest is not just a practice or a timeslot but is found in the person of Jesus Christ, God Himself. What does that shift in understanding mean to you personally?
- 📖 Hebrews 4:1 says, “Since the promise of entering His rest still stands...” What does that suggest about God's ongoing invitation to rest?
- 📖 What made the Israelites’ hearing of the message ineffective according to Hebrews 4:2? How is faith essential to entering God's rest?
- 📖 Hebrews 4:4 and Genesis both point to God resting on the seventh day. Why would God model rest, and what does that say about His design for us?
- 📖 Hebrews 4:9-10 says, “Anyone who enters God’s rest also rests from their works.” What does this mean for our relationship with performance and productivity?

- “The rest offered on the Sabbath is now being offered through faith in Jesus.” How does that redefine the practice of Sabbath for Christ-followers?
- Should Christians “keep the Sabbath”? How does the message clarify that we are not obligated but invited to practice rest? What’s the difference?
- How have you seen legalism creep into your own spiritual practices? What’s the danger of turning rhythms of rest into rules?
- Sabbath rest is not. . . vegging out or escaping. How do you distinguish between Sabbath resting and numbing out?
- Sabbath rest is not boring, gloomy, or monk-like. How can you practice it in a joyful, creative, and relational way?
- What does it mean to “stop, rest, trust God’s promises, and delight in His provision”? What might that look like in your actual week?
- This kind of Sabbath rest requires both preparation and practice. Why are both important, and how could you start small?
- Name a few things you would need to prepare beforehand if you were going to take a full day for Sabbath. How does this compare to preparing for a vacation?
- How do you build rhythms of rest without turning them into yet another task to perform?

Do It:

- What’s one way you could begin “filtering your yeses and emboldening your nos” this week?
- What would it look like for you to create intentional space for Sabbath rest in the next 7 days?
- What is something you need to stop doing in order to start practicing rhythms of rest?
- Who can you invite into this journey with you, for accountability or shared rest?
- How can you practically “turn down the noise” in your life – phone, media, activity – to turn your heart toward God?
- What specific step will you take to surrender your schedule and trust God with your time?