

Rest As Liberation

Exodus 5:1-9, 20:1-2, 8; Matthew 11:28-30; Luke 10:38-42

Apr 15, 2018

WARM-UP QUESTIONS:

- 1. How full is your emotional/physical/spiritual “tank” right now? What do you do to get recharged? How does it help you?**
- 2. What are some reasons why our culture stresses productivity?**
- 3. Does spiritual activities, such as quiet time, church or fellowship attendance, provide you a place of rest or of stress? Explain your answer.**

REFLECTION QUESTIONS:

- 1. In Exodus 20:8, God commands us to keep the Sabbath holy by resting. Why would God consider this important enough to be placed in the Ten Commandments?**
- 2. In Matthew 11:30, what does Jesus mean by “For my yoke is easy and my burden is light.” How is the concept of Sabbath supposed to apply to this?**
- 3. What are the differences between work and serving God? Do we sometimes need to take a “sabbath” from our ministries? Why would that be?**

APPLICATION QUESTIONS:

- 1. Does the concept of Sabbath create, increase or diminish anxiety for you? How do we reconcile taking time off with all the responsibilities we have?**
- 2. Pastor Jason says that many of us associate rest with inactivity, but it often becomes escapism, which isn’t necessarily life-giving. But he also says “Rest is not an activity. It’s an experience of grace in encountering Jesus.” Unpack these statements.**
- 3. How might your personal times with God become times of rest for you? What would assist or contribute to this kind of experience?**