

REST: From Exclusivity to Engagement

I Samuel 17, Ephesians 6:11-13

April 22, 2018

WARM-UP QUESTIONS:

1. In keeping with Pastor Nate's *Star Wars* sermon theme, are you more of a Han Solo (self-interested) or more of a Princess Leia (community-building)?
2. Our culture and stage of life creates many opportunities and demands on our time. How many times a month do you get to experience Sabbath at EBCLA or your own church? What makes it difficult to be in community on Sundays more often?
3. Have you ever faced a "Goliath-like" challenge in your life? How did it turn out? Did you employ any unconventional tactics?

REFLECTION QUESTIONS:

1. Walter Brueggemann writes in *Sabbath as Resistance* that resting is "a visible insistence that our lives are not defined by the production of commodity goods." Why is it important that this sign is visible to those around us? Why is it important that we rest together in community?
2. Pastor Nate mentioned that in this *Star Wars*-esque battle of good versus evil, you must pick a side, and you cannot be neutral. Why is that so?
3. Read Ephesians 6:11-20. What does it mean to put on the armor of God? How might each piece of the armor correspond to different part of our worship service experience?
4. Explore other verses in Scripture encouraging us to be in worship together (for example, Romans 12:1-2, Hebrews 10:23-25, Psalm 100). How is this act of worship an important tactic of resisting evil? What aspect of worship is a critical communal reinforcement for you?

APPLICATION QUESTIONS:

1. In thinking about your life circumstances, what evil might you be resisting when you practice rest?
2. In what ways have you experienced rest as an act of resistance over the last few weeks?
3. Is there anyone in your life who could use "communal reinforcement?" How can you encourage your family, friends, coworkers, and other acquaintances to practice rest?
4. What piece of the armor are you most in need this week? How did Sunday worship prepare you to face the week ahead?
5. What are you most thankful for regarding your worshipping community? How will it strengthen you in your rest?