



Week 4 – Rest and Renewal

Announcements

- **101 Starting Point** --
- *What on Earth am I Here for?* begins February 16-17, 2013 at all Church of the King campuses. For your convenience, you can purchase your books at all Church of the King bookstores.

Warm-up

What is your favorite activity for rest and relaxation? Why? When was the last time you were able to enjoy this activity?

Today we are going to discuss the importance of building biblical rest and renewal into our lives in order to know God more.

Word & Application

"Beware of the busyness of life" -- What does this quote by Gordon McDonald mean to you?

In our culture, Sabbath rest is often thought of as an archaic and rigid philosophy. However, in the Bible, we see Sabbath rest as an important part of the life God has called us to live.

Read Genesis 2:1-3. Why do you think God took a Sabbath rest after six days of creation?

God did not need to rest for His own well-being, but He modeled an important principle He knew we needed. He created us and He knows what is best for us.

Exodus 20:8-11. Sabbath comes from the Hebrew word *shabbath*, which means to cease, to desist from labor, to rest, to sit down, to sit still. This means we need to stop working, striving and competing in order to connect with God.

"Sabbath is imitating God so we stop trying to be God." What does this statement mean to you? Why is this principle often difficult to apply to our lives?

Read Deuteronomy 5:12-15. This portion of scripture is a parallel to Exodus 20:8-11. It reiterates the importance of the Sabbath, but from a different perspective than Exodus 20:8-11. The portion of scripture in Deuteronomy helps us see the freedom we have from slavery as a reason for Sabbath.

Slaves find themselves under the rule of a taskmaster who does not allow rest. We live under the rule of a loving Heavenly Father who wants to give us rest as his children. Do you find this idea of receiving rest from God easy or difficult to accept? Why?

For the remainder of our time together we are going to look at some reasons we are not able to enjoy Sabbath.

1) We are too busy

Do you find success in finding time to rest and get renewed? Why?

Read Luke 5:16 and Mark 2:27. These verses show us that Jesus made it a priority to get away and spend time with God to get renewed. This helps us to understand God made Sabbath rest for us, not as a dogmatic approach to a relationship with Him.

2) We don't know how to fix it

When we feel life is controlling us, instead of us controlling life we need to set aside time to:

- a) Rest
- b) Reflect
- c) Replenish (spiritually, physically, emotionally, relationally)

3) We don't trust

If we attempt to create margin in our lives and take a Sabbath, we are saying we trust God will give us the ability to do in 6 days what we can't seem to accomplish in 7 days.

Why is taking this step of faith difficult for many people? What do you need to do to create a Sabbath in your world?

As a small group let's find ways to encourage and hold each other accountable to create Sabbath times in our lives. This may be difficult and require a step of faith, but it is something we can accomplish as we rely on God and help each other.

Prayer

Pray for everyone in the group to be able to take a step of faith and learn how to live with a consistent Sabbath in their lives. Also, take time to ask for specific prayer requests from those in your small group.