

#Struggles

Rest (Wk.4)

LifeNotes

TALK IT OVER

Main Idea

Freedom from “I SHOULD” is found in REST.

Key Scriptures

And on the seventh day God finished His work he had done, and He rested on the seventh day from all his work he had done.
Genesis 2:2 ESV

He said to them, “This is what the LORD commanded: ‘Tomorrow is to be a day of rest, a holy Sabbath to the LORD.’” Exodus 16:23

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.
Matthew 11:28-30 NIV

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.
Galatians 5:1 NIV

“Rest is the capstone of creation.”

- Priscilla Shirer

The Value of REST:

- It **resets** us.
 - Rest allows us the space to reset our priorities.
- It **heals** us.
 - Rest gives space for our souls to recuperate from the pressures of life.
- It is God’s **gift** to us.
 - Rest is a gift intended to be received by mankind.

Menuha (Hebrew word we translate as rest.): “means much more than withdrawal from labor and exertion, more than freedom from toil, strain or activity of any kind. Menuha is something real and intrinsically positive. It took a special act of creation to bring it into being, that the universe would be incomplete without it.”

Start talking.

- What are the most common “I SHOULD” for you?
- “I SHOULD” tend to come in two categories: those placed on you by others, and those you place on yourself. Which create greater pressure?
- What role does social media play in the pressure of “I SHOULD”?

Start thinking.

- Read Genesis 1:1 – 2:2. Summarize the creation activities from the first 6 days. Reread Genesis 2:2. Did God finish creating on the 6th or 7th day?
- What was the act of creation on the 7th day?
- Why did God rest?
- Read Exodus 16:16-23. Why would God not want them to keep the food until morning? Why would it have been difficult for the Israelites to resist working harder to collect more?
- Joel made the statement, “For them to be truly free He couldn’t just take them out of Egypt, He needed to take the Egypt out of them.” How did commanding them to take a day of sabbath rest accomplish this?
- What is the “Egypt” in you, that God may want to remove through His gift of rest?

Start sharing.

- Read Matthew 11:28-30. “Weary” in the Greek are the demands we place on ourselves, and “burdened” are those demands others place upon us. What are your most common obstacles to rest?
- How might your life look different if you found consistent “rest for your soul”?

Start doing.

- The rest Jesus offers requires belief and discipline. Which is a larger stumbling block? Explain.
- How can you practice the gift of rest on a daily basis?
- Rather than trying to find time for rest at the end of our weeks, how could you prioritize rest and schedule it at the beginning?

Close in prayer.

Read Galatians 5:1. Priscilla Shirer, in her study on sabbath rest makes the statement, “Freedom lies on the other side of our obedience.” God created rest for us, and desperately wants us to receive it. Invite God to give you the wisdom and discipline to better incorporate his gift of rest into your daily and weekly routines.