



## Sermon Notes: How Do I Rest?

### 1. The Pattern of Rest.

### 2. The Purpose of Rest.

- a. To reflect on and delight in God and His good gifts.
- b. To signify that it's God's work in us, not our work for God, that is the basis of our relationship.
- c. To celebrate and declare our freedom in Christ from every form of slavery.

### 3. The Preventors of Rest.

- a. We tell ourselves that *our* busyness is different.
- b. We're building our identity on our busyness.
- c. We're discontent and self-reliant.

### 4. The Promise of Rest.

- a. God promises to give you rest in himself.
- b. God promises the greatest delight in resting in him.

### 5. The Practice of Rest.

- a. Adhere to a regular rhythm of work and rest.
- b. Look for ways of resting that embody the biblical purposes for rest.



## Gospel Applications: How Do I Rest?

1. What is Sabbath rest, in your own words? How would you change or add to your description of Sabbath rest after this message?
2. When do you observe Sabbath rest now? How often? For how long? What does your rest typically involve that is restful for your heart, soul, mind, and body? What do you consciously exclude?
3. How do you feel about the idea of Sabbath rest? What are your primary emotional reactions to that concept – and why those?
4. How do you feel while observing Sabbath rest? How do you feel afterward?
5. Sabbath rest is not grounded in the *Law* of God first, but in the order of creation. When it does appear in the Law, it's grouped with the *moral* law (the Ten Commandments) not the civil or ceremonial law of Israel. What difference should these two facts make in our lives today?
6. What do you think are some of the main underlying reasons why our culture skips Sabbath rest week after week, month after month? Address both heart reasons and cultural reasons why you think we're all so "busy." What are some adverse effects of this busyness?
7. What factors and motives drive your own personal busyness?
8. List the 3 things that take the most of your waking hours. Imagine you lost those 3 things entirely. Who are you? What does this line of questions reveal?
9. What does your busyness say to others about what you love and serve? About what your priorities are? About what you functionally trust to give you the life you want?
10. What changes do you need to make? When will you observe Sabbath rest? How often? For how long? What will your rest include/exclude?