

God in the Everyday Rest

Proverbs 24.30-34

2 Opposing Attitudes on Rest

All Rest —> Laziness

- Binge watching TV all day makes you more tired [Need rest after you “rest”]
- Force people around you to pick up your slack
- Lack Purpose
- These people will struggle w/ faith in God’s sustaining power

No Rest — > Busyness

- I cannot afford to rest, there is just too much to do.
- Force the people around you away because you just not have “time for them”
- Find Purpose/Identity in being busy
- These people will struggle w/ faith in God’s Provisions

[Jesus is in the middle]

Theological Foundation

God is Worthy of our everyday lives [1 Cor 10.31]

God is With Us in our everyday lives [Matt 28.20]

Biblical Principles on Rest

Rest as Command

- Sabbath [Commandment #4]
- God is God & we are NOT (as important as we think)
- God designed man to NEED sleep

Rest as Discipline

- Genesis 1 —> God Rested [purposefully]
- Mark 4.35-40 —> Jesus Rested [purposefully]
- If God rested in Creation & Jesus rested in the Incarnation, shouldn’t we follow his model and purposefully seek out rest in our own lives?

Rest as Gift

- Jesus offers REST to those weighed down by life [Matt 11]
- God sustains us while we sleep [Psalm 3.5]
- *Rest is not something you can buy, it is a gift that you receive*

[REST Defined]

Rest doesn’t mean “do nothing,” but to DISCONNECT from work and CONNECT to God and Others.

Best Practices for REST

Slow Down

- Do not let “being busy” become an Idol
- Your pace is more important than your productivity.
- Take the long way home. Go for a walk with your family. Do something to slow yourself down.

Put Down

- Lay down your device. Scrolling on FB is not a form of resting, it is a form of isolating.
- Resting is not mindlessly doing nothing, but purposefully connecting w/ God & Family
- Turn off your PHONE, TV, or Radio. Talk to the people around you. Ask them questions and tell them stories. Look people in their eyes and understand what they are saying.

Write Down

- Make a plan for when, where, and how you are going to rest.
- Daily Rest. Weekly. Monthly. Yearly.

Lay Down

- Some of us just need more sleep.
- Turn off the TV, close the book, put down your device and GO TO BED!!!

Small Group Questions:

1. Share a time when you desperately needed rest, but were unable to find it? What ended up happening? How did you eventually find rest?
2. We looked at 2 opposing attitudes on rest (laziness and busyness), which side do you struggle with the most? How have you seen yourself overindulge in one of these areas and what was the outcome?
3. Rest is a command, discipline, and a gift: How do you view each one of these concepts? How does embracing these biblical principles change the way you interact with the world around you?
4. Read Matthew 22:34-40. How does this line up with our definition of rest? Why is it important to both DISCONNECT from work and CONNECT with God and others?
5. Take a look at the 4 downs (slow, put, write, lay) that we looked at on Sunday. What are you planning on doing this week to apply these practices? Which area(s) are you expecting a struggle?