



## Finding Our Rest

### Genesis 2:1-3

We pay a severe price when we settle for living life at a non-stop frantic pace.

- We can end up working longer hours while becoming less proficient, less effective.
- Over time we can do lasting damage to ourselves and those who spend time with us.

God built into His spectacular plan of creation a way to assure we don't burn out. Gen. 2:1-3

- *"and He rested on the seventh day from all the work He had done."*
- God has a purpose for the 7<sup>th</sup> day that's different from the others. Exodus 20:8-11
- The 7<sup>th</sup> day Sabbath gave way to reality of resurrected Christ. Jn. 20:19-22; Col. 2:16,17

What is the Sabbath supposed to look like?

1. Stop doing your required "To Do List."
  - Set aside those things you tend to find your identity in. Can you trust God?
  - Is it ever OK to work on Sunday? Carve out a 24-hour Sabbath. Romans 14:1-9
2. Embrace that which gives life.
  - Sabbath rest activities should replenish spiritual resources & re-energize mission.
  - Leisure time alone isn't an adequate replacement for your Sabbath rest.

### Further Study and Pondering:

1. Do you think you can sustain your current pace & remain healthy in all aspects of life?
2. Are you exhibiting tell-tale signs that your pace in life is catching up with you?
3. Further study: Read Acts 2:38-47. As the church was birthed we see important characteristics of a healthy spiritual life. What are these essentials? How can you bring these spiritual energizers into your everyday life, into your Sabbath rest?
4. Do you currently have a 24-hour Sabbath rest built into your week? What "To Do List" activities need to be removed? What spiritually-replenishing, mission-reenergizing activities need to be added? Write out a plan and ask a friend to pray for you.
5. Prayer: A Sabbath rest acknowledges that God is on the throne, that the world is His world, that all of our time and resources are a gift from Him. Spend time discussing this with Him. Tell Him you're sorry that sometimes you don't get this right.

## Embrace that which gives life!