



MISSION CITY

BIBLE CHURCH

DATE: Sunday, May 1, 2022

TITLE: Abiding Through Rest

SERIES: Abide: Pursuing the Presence and Power of God for My Life

PASSAGE: Various Passages

DEFINITION: Spiritual disciplines are habits of _____ that welcome the _____ and _____ of God into my life.

We don't rest well because:

- A. _____ is precious
- B. _____ can't be regained
- C. There's always _____
- D. Rest is tied to _____ and _____
- E. Work is where you find _____
- F. You're _____ to God for your time

How do you find rest in a restless world?

Three principles in the pursuit of rest:

1. _____ and _____ is God's original rhythm (Genesis 2:1-3)

2. Just like your work has _____, so does your rest (Exodus 20:8-11; Deuteronomy 5:12-15)

3. You are _____ to rest now in anticipation of your _____ (Matthew 11:28; Hebrews 4:9-11)

cf., Romans 14:5-6

cf., Colossians 2:16

See 1 Timothy 4:4, 6:17, and James 1:17



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PASSAGE: Various Passages

SERIES: Abide: Pursuing the Presence and Power of God for My Life

DEFINITION: Spiritual disciplines are habits of holiness that welcome the presence and power of God into my life

DISCUSSION:

1. What has been your experience with the Sabbath? (I.e., Do you feel the freedom to rest? Have you felt pressure from rules defining acceptable Sabbath behaviour? Have your thoughts on the Sabbath changed over time?)
2. What are the ways that you rest emotionally, physically, and spiritually? How difficult do you find it to rest?
3. What do God's actions in Genesis 2:1-3 teach us about rest?
4. What are the dangers of not resting?
5. It can be easier to find purpose in our work than find purpose in our rest. According to Exodus 20:8-11 and Deuteronomy 5:12-15 (focus on verse 15), what is the God-ordained purpose of rest?
6. Why do you suppose so many people struggle to implement healthy rhythms of rest into their life?
7. See Romans 14:5-6, Colossians 2:16, Matthew 11:28 and Hebrews 4:9-11. After reading these verses, do you see a difference between Old Testament rest and New Testament rest?
8. Consider your lifestyle and the pattern of your days. Do you see an appropriate amount of rest built into your schedule?

APPLICATION:

Look at your answer to question eight. How will you adjust your calendar this week to allow for rest? Make at least one change to improve this aspect of your life.

PRAYER POINTS (based on Genesis 2:1-3):

THE PRAISEWORTHY QUALITIES OF GOD:

- God created the heavens and the earth and all the host of them (v1)
- God created work and rest (v2)
- God blessed the day of rest (v3)
- God is holy and makes things holy (v3)

REVERENCE:

- Lord, we worship you because . . .
- God, I am in awe of your glory when I look at creation and see . . .
- God, I see the power of your holiness when . . .

RESPONSE:

- Lord, I confess that sometimes I feel too _____ to rest because . . .
- God, I've been trying to live beyond my limitations when it comes to _____; I confess I can't do it all
- Lord, I admit that my understanding of rest has been tied too much to _____ (i.e., tradition; rules; etc.); help me to better understand this gift you've given me

REQUEST:

- God, help me to establish a pattern of stopping to remember that you saved me from . . .
- Lord, help me to rest in you even when I feel the pressure of . . .

READINESS:

- Lord, when I'm tempted to find _____ (i.e., identity; security; affirmation; recognition; etc.) in my work, I will rest in you