

**Rest: Why do we rest? How do we rest? How does God help us rest?**

- How do you feel about rest in your own life at the moment? Do you feel well-rested, exhausted, or somewhere in between?
- Do you find it easy to rest? If not, what challenges do you find stop you resting? If you find it easy, what helps you to rest?
- What would you like to get from this seminar? Have you a particular question you'd like to think about?

**1. WHY do we rest?**

**a. We rest because God rested**

*Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from his work that he had done in creation. (Genesis 2v1-3)*

**IN GROUPS**

Look up Exodus 20v8-11; 31v12-17 and Deuteronomy 5v12-15. Discuss these two questions:

- What reasons are given for the people being required to keep a Sabbath day?
- What principles can we draw from this about the purpose of rest?

**b. We rest because we're not God**

Psalm 121, Psalm 4v8

*"Unless the LORD builds the house, those who build it labour in vain. Unless the LORD watches over the city, the watchman stay awake in vain. It is in vain that you rise up early and go to late to rest, eating the bread of anxious toil; for he gives to his beloved sleep." (Psalm 127v1-2)*

## 2. HOW do we rest?

In GROUPS:

- What do you find helps you to rest? Is it having a blank schedule with no plans? Are there activities you like to do?
- What stops you from resting?

A very busy lady... Luke 10v38-42

Please read the passage together and consider:

- What stopped Martha resting with and listening to Jesus?
- What was her attitude?
- What does Jesus say about Martha's priorities?
- Who do you find it easier to identify with: Mary or Martha? If Martha, how can we change?
- How can we help each other to have time, like Mary, to listen to Jesus?

God's good gifts

## 3. How does God help us rest?

### a. God has worked – so that we can have rest

*"Come to me all you who are weary and heavy laden, and I will give you rest." (Matt 11v28)*

## b. God promises us eternal rest

Revelation 14v11-13

*“And the smoke of their torment goes up forever and ever, and they have no **rest**, day or night, these worshippers of the beast and its image, and whoever receives the mark of its name.”*

*Here is a call for the endurance of the saints, those who keep the commandments of God and their faith in Jesus.*

*And I heard a voice from heaven saying, “Write this: Blessed are the dead who die in the Lord from now on.” “Blessed indeed,” says the Spirit, “that they may **rest** from their labours, for their deeds follow them.”*

Who is it that gets rest, in eternity?

### Practising Rest...

Does your (1) daily, and (2) weekly, schedule have time for rest?

How can we ensure we have God’s purposes for rest in mind when we have rest time? How can you build time for prayer and listening to Jesus through the Bible as you rest? How can you remember God as you enjoy rest time?

What is the place of church and its activities in rest?

Think about last weekend and what you did – how would you categorise each of your activities:

- Work?
- Rest to listen to Jesus?
- Rest to enjoy God’s good gifts?
- Rest to build relationships?

How do you feel about the balance of that weekend? Is a typical one for you? Is there anything you would like to recalibrate in planning your weekend time?

Think about your next holiday, or your last holiday if you prefer!

- What are you looking forward to about it? / What did you enjoy about it?
- How can this activity/ thing or time help you to remember that God is the creator (and you are not)?
- How does remembering that we have been rescued by God and do not have to strive for security, acceptance and status before him help us to rest?

### Thinking more about Rest...

Refresh – John Hindley: a devotional book with devotionals for holidays!

The Art of Rest – Adam Mabry

Crazy Busy – Kevin de Young (out of print, but available on Audible)