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## Small Group Discussion Guide

For the week of March 5, 2018

Speaker: Tim Beal

### GETTING TO KNOW YOU

1. Share one of your first jobs or one of your most unique jobs?
2. How would you currently rate or describe your work life?

10 – I love my job!

5 – My job is my job and pays the bills.

1 – My job is a stressful, challenge.

### QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged or confused you?

### DIGGING DEEPER

#### 1. Rest & Work are Two Ingredients that Go Together.

Pastor Tim said, "Sabbath, the Biblical word for resting, isn't taking a nap, it's reconnecting with God."

#### Read Genesis 2:1-3

What did God do in these verses?

#### Read Exodus 20:8-11

What do we learn about rest in these verses?

## 2. Rest & Work

What is your Rest/Work habit?

Would you call yourself a hard worker, an achiever? Do you put in long hours, bring work home or have a hard time stopping?

Would you say that you are too tired to work? That you look for multiple breaks during your work hours?

What common argument do you use to avoid rest or over rest?

What are some of your personal 'warning' signs that tell you it's time for pause or rest?

## 3. Read Matthew 11:28-29

What was a pre-requisite for coming to Jesus in this passage?

That's right, nothing. Jesus invites us with our all of our gunk, sin, weariness and more to come to Him.

Pastor Tim said, "Sabbath resting is remembering, reflecting and reconnecting with God.

**Remembering** how God's been faithful before.

**Reflecting** on who God is and who He says you are.

**Reconnecting** with God.

Brainstorm a few ways you could rest in these ways this month. Talk about it as a group.

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Prayer Requests:

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