

Series Big Idea: Following Jesus by obeying His teachings makes me better at life.

Teaching Big Idea:

I'm at my best when I weekly unplug to enjoy God and rest.

Begin in prayer: Invite God to bring clarity and purpose to your understanding of 'rest'.

Talk It Over:

Ice Breaker: What are some ways that people might realize they are 'too busy'? How would you want your loved ones to express their concern that you are 'too busy'?

Scripture: 27 Then he said to them, "The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath" Mark 2:27-28 (NIV)

Questions:

If the Sabbath was made for man, did it exist before man was created?

How do you rest from your usual labor?

Comment on the statement: The Sabbath is not a command to endure, it's a blessing to enjoy.

Scripture:

28 Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light. Matthew 11:28-30 (NIV)

Questions:

What might keep someone from putting these words into practice?

How could Jesus' words be used to support the idea that 'rules don't bring rest'?

Describe a time when Jesus helped you learn to trust Him for the rest you needed.

Challenge:

Jesus promises gentle, humble instruction when we come to Him with the things which weigh us down. Commit to ask Him to teach you what He would like you to know about your greatest burden.

Conclude in Prayer:

Thank God for His provision of Sabbath and ask Him to help you truly rest in Jesus.