

# “The Beginning of Work/Rest Balance”

## The Beginning of Everything Small Group #3

Genesis 2: 1-3, Exodus 20: 8-11

### Hook:

1. Read the Quote from USA Today...does that describe you? If so, how? If not, what is your secret?

“Today people are souped-up, stressed-out and overscheduled. In this brave new world boundaries between work and family are disappearing. Everyone is mobile and every moment of the day is scheduled with daycare, school, after school activities and ten to twelve hour workdays. This pressure cooker lifestyle is so rare that anthropologists are now studying it to see how it affects us.” –USA Today

2. Which of these scriptures better defines you life right now?

“I have no peace! I have no quiet! I have no rest! And trouble keeps coming!”  
(Job 3: 25)

“It is better to have a little with peace of mind than be busy all the time.”  
(Eccl. 4: 6)

3. Many of Us Are Overworked and Overscheduled

- a. *What are the real reasons I am overworking and over-scheduled?*
- b. *Am I aware of the consequences of my overwork and schedule?*
- c. *Would I describe myself more as “Live to Work” or “Work to Live”*

### Look: Balance is “Off” Because First Things Not First

\* Perform Jar illustration with kids... Big items in first

1. Read the text below. What makes Martha such a good worker? Does she ever quit? Would you say she has attained work/life balance? Why or why not?

"She had a sister called Mary, who sat at the LORD's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "LORD, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the LORD answered, "you are worried and upset about many things, but few things are needed-or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

(Luke 10: 39-42)

2. What makes Mary so different? What secret does she know that Martha has not learned?
3. Every church needs hard workers, but how do we know when our "doing" is out of balance with our being?
4. What can we learn from God willingness to spend a day in rest? Was this done primarily to enjoy us?

"Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." (Gen. 2: 1-3)

### C. Book:

1. Is part of parenting teaching your family to rest, and building rest into the rhythm of life?

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. (Exodus 20: 8-11)

#### a. What Does God's Rest Assure Us About God?

#### b. What does our Rest Reminds Us about Life?

2. Rest is part of God's grace...not a set of rules but a gift.

"The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?" He answered, "Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions." Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath." (Mark 2: 24-28)

→ 39 Tractates of rules

- a. Could we turn “Sabbath” into a set of rules we have to keep in an exact way? What would be lost?
- b. Are we willing to receive a day of rest by FAITH—as a gift God is giving we can afford to unwrap and enjoy? Dare we really enjoy a day of rest in trust God will honor our attempts to honor him by resting?
  - How has “rest” worked for Chick-Fil A?
  - How about Hobby Lobby?

### 3. Jesus’ Rhythm for Us is to Come Rest/Then Labor

“Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.” (Matt. 11: 28-30)

- a. How do we put on a yoke with Jesus and learn from him?
- b. Why is the yoke easy and light?
- c. Do we believe this—that Jesus will pull with us if we turn things over to him?

Took Put R-E-S-T into Practice

\* Develop your own ideas for....

**R-** *Re-creation*

**E-** *Enjoyment/Edification*

**S-** *Solitude*

**T-** *Time with Loved Ones*