

— a time for —

EVERYTHING

REST

Scripture:

Hebrews 4:1-12, Exodus 31:12-13, Deuteronomy 5:12, Genesis 2

Introduction:

We all experience different seasons... In this series, we're going to unpack some seasons of life, and look at God's purposes for each, what He may be teaching us, and what is most important in them.

This past week, Andy unpacked that there is a season to rest. He said, "We wear busyness like a badge of honor. We keep going and going. We're always connected. We strive to get everything done and never stop working. It contributes to stress, burn out, exhaustion, anxiety, etc." The reason we don't rest is a spiritual issue. Andy shared that we don't have faith to rest, we believe that we must keep working or things will not work out. God has said all of your days are mine, but I am asking you to set one aside and you will be able to get everything you need done in 6.

Use these passages and questions to help think through this with your Ridge Group this week.

Icebreaker:

What is your favorite way to spend a Sunday afternoon?

Who would you like to leave it to when you die?

Digging Deeper:

What stood out to you this week from the message?

Read Hebrews 4:1-12

Why is the author warning his readers about from the story of Israel's rebellion? What "message" (v.2) was given each community (see Ex.3:7, Num. 14:7-9)? With what reception and results?

Why is hearing not enough?

What is this "rest" promised by God: The Promised Land? Sunday Off? Heaven? God's Presence? How do verses 3-10 support your answer?

What is the proper response to the warning in v.1 and v.11?

What does it mean that God's word is living? Active? That it penetrates?

How would you explain the "promised rest" to someone who is not a Christian?

What situations today would make this type of exhortation necessary?

What evidence do you have that the Word of God is living and active in your group?

Application:

This week how can you put your faith in God to take the rest needed in your week. What do you need to change in order to have a day of rest?