



## Group Leader Guide “Enough Already!” – Burnout August 31 - September 1, 2019

### Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

### // Message Summary

Ben wraps up the **Burnout** series this weekend. He uses the *second* time the 10 Commandments were given to the Israelites (found in **Deuteronomy 5**) to highlight another reason for taking a Sabbath: to remember that they had been slaves in Egypt, but they are not slaves anymore (**Deuteronomy 5:15**). Applying this to our lives now, we see how our current culture is very similar to the culture the Israelites lived in in Egypt. We are “slaves” to our work, and our only value comes from production or attention. We work more to get more things so that we can be fulfilled, but it never seems to work. Ben encourages us to rethink this value system and take at least one day a week where we can just enjoy the lives we *have* instead of slaving away to get the lives we think we want.

### // Biblical Context: Second Law

**Deuteronomy:** The word “Deuteronomy” literally means “second law” (from the Greek *deutero* + *nomos*). The first law was laid out in the books of Exodus and Leviticus. Deuteronomy isn’t a second law in the sense of it being different. It is really just a reiteration of the same law. This is because, as Ben mentioned, Deuteronomy is actually a series of speeches given by Moses to the Israelites 40 years after they left Egypt, right before they finally get to enter the Promised

Land. In these speeches, Moses is reminding them of everything that had happened over the last 40 years and charging them not to forget where they came from once they come into their own in the Promised Land. Also during these speeches, he recounts much of the law and instructions given by the LORD, hence the name “second law.”

**40 years of wandering:** The reason the Israelites wandered the wilderness for 40 years after the Exodus was not because they were lost or didn’t know where they should be going. God was actually disciplining them for being prideful and skeptical of God’s faithfulness. The original plan was to enter the Promised Land just a couple of years after the Exodus, but a series of rebellions by the Israelites caused God to change plans (the final straw can be found in **Numbers 14**). Another part of this disciplining was that no man over the age of 20 would be allowed to enter the Promised Land when the time came. In fact, every man over 20 would die in the wilderness during the 40-year disciplinary hike. This means that most of the people who lived through Egyptian slavery and the miraculous Exodus, and who heard the law the first time it was delivered, were not alive when the Israelites finally were about to enter the Promised land. Moses was mainly speaking in Deuteronomy to a bunch of people who had never been slaves, so

reminding them that that was their heritage, and to never forget it and what God did for them, makes a lot of sense. *The Sabbath then becomes, among other things, a way to remember what God did for us in our greatest moment of need.*

**Making Bricks:** Ben talked about how Pharaoh had further oppressed the Egyptian slaves by not providing them with straw, a necessary material in brickmaking, but still demanding they make the same amount of bricks. Bricks made without straw were weak and fragile. However, in Egypt, straw is only available after the harvest, one time a year. But brickmaking was a year-round demand, so straw would have been kept in storehouses. Pharaoh declaring that no straw would be given to the Israelites (presumably from the storehouses) and they would have to go find their own was essentially a demand for the impossible, as no straw would have been able to be found most of the year.



Egyptian painting of slaves making bricks

## // In Preparation

Welcome back! Hopefully, you got some great rest this summer. And to all the new leaders, welcome! Hopefully, this guide will help you learn a bit more about the background of whatever Bible teaching is going on during the weekend message. This will be a resource for you to gain some context around the text, be able to answer possible questions from your group members, and hopefully learn something new and interesting!

While the weekend message focuses mainly on application to our lives today, this guide aims to help put the Biblical text in context of what was going on culturally at the time of its writing and give you, the leader, a more complete understanding of the Biblical meaning. It is by no means meant to be a comprehensive study, but merely a resource to help you feel prepared and confident heading into your groups.

This will post to the website every Friday by 5pm before the weekend the relevant message will be given.

## // References

The IVP Bible Background Commentary Old Testament

Littman, Robert, Marta Lorenzon, and Jay Silverstein. "With & Without Straw: How Israelite Slaves Made Bricks," *Biblical Archaeology Review* 40.2 (2014): 60-63.



## Discussion Questions

### “Enough Already!” – Burnout

### August 31 - September 1, 2019

#### Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

#### // Bible References

Deuteronomy 5:15; Exodus 20:11; Exodus 5:4-18; 1 John 3:1

#### // Community Questions

1. Do you have any absurd moving stories?
2. If you have kids, have they ever pooped where you didn't want them to?

#### // Core Questions

1. Have you ever had an experience where you were not equipped well, but were still expected to perform or produce at the same rate? If so, when?
2. Have you ever felt pressure to achieve or obtain more and more in order to feel valued? If so, when?
3. Do you ever feel enslaved to something that demands everything from you with nothing but empty promises in return?
4. What are you enslaved to? Work? Success? Popularity? Likes? A particular sin?
5. Read **1 Corinthians 6:11** and **1 John 3:1**. Is it possible that God thinks something different of your value than what culture and society think?
6. If Jesus were sitting right next to you, listening to what you have just talked about, what would He have to say to you about your value?

#### // Challenge

Take one day this week and unplug from work and social media. Too much of our value and identities are caught up in how we perform or what others (other than God) think of us. We constantly compare and self-criticize. We constantly try to fill our lives with shallow affirmation from people we don't really care about and things we don't need. So take just one day this week where you aren't buying needless things or fishing for likes or, comparing yourself to others' "perfect" lives. Instead, fill your time with enjoying the life you have and connecting with the ones you love and that love you. Remember who God says you are: His child.