



Group Leader Guide & Discussion Questions “For the Love of God, Enjoy Your Life.” - Burnout August 17-18, 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 Foote is kicking off a new series this week called “Burnout”. In this series, we are going to unpack what God says about the routines and rhythms of rest. This week Ben looks at Genesis 2:2-3 to show how in a state of perfection, God rested in order to enjoy the very good things he had made. We rest to do the same. Sabbath is a day of rest, where we can enjoy the very good things that God has already given us. So, we should “Rest to Enjoy”.

// Biblical Context: Genesis 2:2-3

- The word “good”, טוב is used 7 times in Genesis 1 (1:4,10,12,18, 21, 25,31). In Hebrew writing whenever there is a pattern of something happening 7 times the author is using it as a symbol for perfection. Since “good” is used 7 times and the author says it was 7 days, it is symbolizing that the state of the earth was in perfection.

- The word “rest”, שבת is the same word in both Genesis 2:2 and 3. The common meaning is to cease or to stop. It appears 70 other times in the Old Testament, mostly referring to resting on the sabbath (ex. Exodus 16:30, 23:12, Leviticus 26:34).

// In Preparation

Maintaining a rhythm of rest in your weekly life is essential to having a health life. This week Ben challenges every to create a schedule that makes sabbath an essential part of our week.

Mon-Fri: Days of Work

Saturday: Day of Prep

Sunday: Day of Rest

For the day of rest aim to enjoy these three things God has given you. Food: plan to eat your favorite food. If you enjoy cooking, make your favorite food if not go to your favorite restaurant and enjoy your food. People: Spend time with people you enjoy. This could be your spouse, kids or close friends. If you have extended family that add stress to your life make time to connect with them during one of your days or work or day of prep. But let the people you spend time with on the Sabbath bring you joy. Play: Go do something that you find fun. You could hike, go to a museum, or watch a football game. If you enjoy it, you should do it.

As you are doing all of these things take time throughout the day to remember and thank God for giving you a life to enjoy.

// Discussion Questions

1. Tell a story about a time you were so exhausted you thought “that just about killed me”.
2. Read Genesis 1:1-2:3, What do you think the author is trying to communicate by saying the creation was “good”?
3. What areas in your life are you experiencing that burnout feeling?
4. What are some reasons that you feel like you can’t stop to take a break?
5. What can you do on your Sabbath that you would actually enjoy?
6. What steps do you need to take today to start creating a schedule that allows you to have a Sabbath?