



Post Christian Jesus – Week 4

Looking for Rest – Ben Foote

July 25, 2021

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

Matthew 11:28; Genesis 2:2-3; Exodus 20:8-11.

// Message Summary

This is the fourth week of the series *Post-Christian Jesus*, where we have been asking, 'Does Jesus' way of life still make sense for the modern world?' In this final message of the series, Ben shared God's invitation to rest – an idea counter-cultural to many of us. In today's fast-paced world with constant distractions and the expectation to be continually "on", our lives can be often summarized in just two words: busy and tired. We can find it difficult to truly rest. Yet, God's desire is for His people to experience and enjoy a *sabbath* – a time each week set aside for rest, for healing, for being present, for enjoying meaningful relationships, and for reflecting on His continual provision for us.

// Community Questions

1. What has been a favorite vacation for you? What made it special?
2. Of the three words Ben used – busy, tired, and rested – which one best describes your life right now? Why do you say that?

// Discussion Questions

1. As a group, read both Exodus 20:8-11 and its parallel in Deuteronomy 5:12-15. What do you notice and what questions do you have?
2. These passages give two special reasons for why God wanted His people to rest. What were they, and why might they be important?

3. Ben spoke about how we can often substitute true rest for escape or distraction. Which methods of escape or distraction do you sometimes pursue? What are the short-term and long-term results of this in our lives?
4. How did this week's message encourage you to remember and honor God's gift of rest? What barriers or concerns might you still have?
5. What steps will you take to make space for *rest* in your life?
6. How does God's gift of rest (especially as shown in Deuteronomy 5:12-15) remind you of His gift of salvation?

// Challenge

Schedule a Sabbath. With your household, plan to have a weekly Sabbath time of rest. At this point, your family might not be ready for a full day, but could you do 3 or 4 hours together?

As you plan, ask yourselves, 'What would we need to do to make sure it is a truly restful (and enjoyable) time together? What could we include? What might we exclude? What preparations should we do beforehand?'