



CASE OF THE MONDAYS

TAKE YOUR JOB AND LOVE IT!

Part 3: Give Me A Break!

INTRODUCTION — The “Busy” Badge of Honour

LOOK TO THE BOOK — God Shows Us How It’s Done

Genesis 2:1-3

TAKE OUT #1: Resting in Faith

Regular rest from work while enjoying creation is an active demonstration of our faith and confidence in God rather than in our own self-saving efforts. **Embracing a regular rhythm of Sabbath means that we look to God as the One who is our ultimate Provider—in this way, rest becomes worship!**

Matthew 6:25-34; Luke 11:3; 1 Corinthians 3:5-7; Philippians 4:19

TAKE OUT #2: Resting for the Sake of Others

Enjoying God’s creation and resting from work is not ultimately about meeting our own needs, rather, it is an opportunity for God to renew our strength and passion to serve others. **Our unwillingness to live in a rhythm of Sabbath is a decision to diminish our impact as agents of peacemaking in our world.**

Isaiah 40:31; 58:12-13 Mark 10:44-45; Luke 5:15-16; Luke 7:34

TAKE OUT #3: Giving Creation a Break

The effects of relentless working, producing and consuming can put us in conflict with our God-given responsibilities as stewards and caretakers in the world. **Consider ways in which regular rest in our personal lives can also translate into restorative opportunities for God’s creation.**

Genesis 3:17; Leviticus 25:1-4; Romans 8:22-23

CONCLUSION – Looking Back, Looking Forward

Deuteronomy 5:15; Isaiah 65:21-23

HOME CHURCH QUESTIONS

Warming Up...

1. CHECKING IN: As we wrap up this mini-series, can you think of anything from the past three weeks that has challenged you to think or act differently as it relates to your work, service or rest?

Look to the Book...

2. Read our anchor text **Genesis 2:1-3** and then a specific Old Testament law relating to the Sabbath in **Exodus 20:11**. A) In what ways could the principle of Sabbath be good news for people in our culture today? Is it realistic? B) How do the following verses free us up to enjoy and embrace the principle of Sabbath without having to worry about it becoming a religious obligation and stress? **Romans 14:5-6; Colossians 2:13-14; Matthew 11:28-30**.
3. Though the following passages do not all focus specifically on Sabbath and rest, they do provide us with some pictures of restorative, life-giving activity in the Kingdom of God. Work through each passage in detail and list as many examples as you can of practices or principles that can help us experience personal rest and refreshment; **Psalms 23:1-3; Proverbs 11:25; 22:9; Matthew 14:22-23; Mark 6:30-32; Acts 2:42-47; Colossians 3:16; 4:2**. B) Review your list and discuss in practical terms how they could be used as a regular feature of Sabbath in our lives. C) Invite the group to share other valuable Sabbath practices that they have personally experienced and that others could benefit from.

So What?...

4. PRACTICING PEACE: Take an opportunity to experience a “Sabbath moment” in your group by spending at least 10 minutes in silence before your prayer time. Lead into this time by having someone read **Matthew 11:28-30** slowly two or three times. Invite God to quiet your heart and mind, and to encourage and refresh you in whatever way he sees fit (even if that’s just providing you a moment of quiet). Acknowledge that this could be an awkward experience for some who are unaccustomed to silence. ☺
5. As you pray together consider sharing with God – and by extension the group – any issues or challenges that are creating a sense of weariness in your life right now. Commit these issues to Christ being confident of his eagerness and ability to walk with you through this challenge.

MORE QUESTIONS ABOUT WORK & REST? We will attempt to address them at a roundtable podcast being made available soon. Email your questions to: teachingteam@themeetinghouse.ca.

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Notes are available online at themeetinghouse.ca/teaching