

**SERMON TITLE:** *Made For Rest*

**SERMON SERIES:** Made For This

**SCRIPTURE:** Genesis 1:27-28, Genesis 2:1-3, Deuteronomy 5:15, Mark 2:27-28

## **#1 Rest was woven into the fabric of creation.**

- Genesis 2:1-3
  - Before God released the first humans to participate in the Godhead's coordinated creativity by fulfilling the culture mandate, God rested and so did they.
  - God affirmed the goodness of a day of rest once a week and set it as a pattern for humans to follow.
    - From this we learn...
      - Resting is an essential part of what it means to be human
      - Resting is a major way that we reflect the image of God
      - God is not a tyrant
- We Americans need these truths!

## **#2 Slaves do not rest.**

- Deuteronomy 5:15
  - If you habitually overwork and aren't able to rest the way God designed you to rest, you are a slave to something or someone but it is not God.
  - Your overwork is really a symptom of a deeper problem of idolatry.
  - Caveat: Some seasons of overwork are unavoidable.

## **#3 We can rest well.**

- Genesis 1:31, Genesis 2:1-3
  - God's rest included stopping, noticing, and celebrating.
    - God stopped his work.

- God noticed what his work produced.
  - God celebrated the goodness of the fruit of his labor.
- Mark 2:27-28
  - Remembering...To experience deep rest we must know Jesus as Lord and Savior and remember what he did to save us from the grip of Satan, sin, and death.
  - We must also remember our identity in Christ. In Christ, we are valuable, we are forgiven, we are righteous, we are provided for, we are protected, and our future is secure.

### Discussion Questions:

1. If you were able to listen to Pastor Shane's *Made for Rest* sermon, what resonated with you the most?
2. What is your current rhythm of rest and work? Do you generally feel well rested or fatigued?
3. How might a lack of rest dehumanize us?
4. When you are physically away from work, are you able to mentally separate from it? Why or why not?
5. Do you agree that one of the ways we glorify and reflect God is by resting? Why or Why not? If you do agree, is this a new concept for you?
6. If God wants us to rest, what does that reveal about him?
7. If you are overworking, what is the work underneath the work for you?
8. Do you know anyone that is faithful in taking one day a week to stop, notice, celebrate, and remember? What changes would you need to make to implement this pattern in your own life?
9. What is one thing God is saying to you? What will you do about it? Does the group have permission to ask you about it the next time that we meet?