

September 1, 2024: Work and Rest

Work: Genesis 2:2-3; Colossians 3:23-24

Rest: Deuteronomy 5:12-15; Mark 6:31(See also Mark 4:35-41)

In recognition of Labor Day, our focus this week is on work and rest.

Work

1. What was your first paid job? Describe the experience.
2. Who taught you the value of hard work in your life?
3. Are there times you've regretted not working hard enough? Are there times you've regretted focusing too much on work?
4. Colossians 3 gives instructions, originally directed to servants (ie Roman slaves), to work as if you are serving the Lord. How do you understand this instruction? Are there limits to how we apply this passage?
5. How can you begin to view work as a way to worship God? How can Sabbath strengthen rather than hinder our work?

Rest

1. On a scale of 1-10, with 10 being "I'm excellent at rest," how well do you rest? Has this changed throughout your life?
2. Genesis 2:2-3 states that God rested after creating all things. How does this passage inform how you understand rest?

3. There are three “versions” of the Ten Commandments in the Old Testament, all of which state that the Sabbath must be observed. In the version found in Deuteronomy, the Sabbath commandment is tied not to the creation story (God rested) but to the deliverance of the Israelites from Egypt, where they were oppressed and mistreated as slave workers. What significance do you see in this?
4. If you observe a weekly 24-hour Sabbath, what fruit has this brought to your life? What challenges does it bring?
5. Do you think rest can be counter-cultural in our society?
6. After a busy time of ministry with his disciples, Jesus asked them to come away and rest (Mark 6:31). If Jesus, the Son of God, sought time away to rest, what does that mean for you?
7. In another famous story, Jesus and his disciples are together in a boat during a violent storm, and Jesus is sleeping. How does that passage speak to you?