



The Gift of Rest



BIG IDEA

We need to work as hard at resting as we work at working.



ICE BREAKER

1. What is your favorite way to rest or recharge?
2. When life gets busy, what is usually the first thing you sacrifice, sleep, hobbies, time with God, family, or something else?



MAIN POINTS

God designed Life Around Rhythms.

From the very beginning, God established a pattern of work and rest. After creating the world, God rested, not because He was tired, but because He was tired, but because He was tired, but because He was teaching us how life works best. Work followed by rest. Day followed by night. Season followed by seasons. Healthy living happens when we embrace God's rhythms instead of fighting them. When we work hard and also make space for rest, we reflect the character and wisdom of God in the way we live.

Rest is a Spiritual Practice. Biblical rest is more than simply taking a break from work; it is creating space to reconnect with God and remember that He is in control. Sabbath reminds us that we are not God, that the world does not depend on us, and that our value is not determined by how much we accomplish. Choosing rest is ultimately an act of trust and faith in God's provision.

Why is Rest so Hard. Most people appreciate the idea of rest but struggle to make it a consistent practice. Pastor Cal identified four common barriers: denial, where we convince ourselves we do not need to rest; drive, where we connect our worth to our productivity; fear, where we worry about falling behind; and guilt, where being busy make us feel important. These attitudes often lead to exhaustion, stress, strained relationships, and spiritual emptiness. We must remember that our value comes from who we are in Christ, not from how much we accomplish.



DISCUSS

1. Which of the four warning signs, skipping, skimming, sprinting, or snapping, do you most relate to right now?
2. Why do you think rest is often harder to practice than work?
3. How does Sabbath challenge the way our culture defines success?
4. What keeps you from slowing down and trusting God with unfinished work?
5. When you are well-rested spiritually, emotionally, and physically, what is different about your relationship with God and others?
6. What is one practical step you could take this week to create more intentional rhythms of rest?



NEXT STEP

- Jesus First - What would it look like to trust God enough to stop working and truly rest?
- People Always - Are the people closet to you getting your best, or only what is left over after everything else?

- Made for More - What healthy rhythm of rest could help you better live out the purpose God has given you?



SCRIPTURE

Genesis 2:1-3, Exodus 20:8-11, Mark 6:30-32, Deuteronomy 5:12-15, Mark 2:27-28



**NEXT WEEK SNEAK
PEAK**

Join us next week as we continue our Healthy Hustle series with Pastor DJ as he shares a message on Prune to Produce.
Questions or Feedback? Email Groups@CentralAZ.com

Questions or Feedback? Email Groups@CentralAZ.com