

**FOCUS:** During our 8-week **Made for Mondays** series, we are seeking to integrate our faith and work. This week, we reflect on the relationship between rest and work.

1. What has been your journey with the word “Sabbath” and the concept of “rest”? Are they foreign concepts or familiar, challenging or easy? Why or why not? Finish these statements if they help: *A day of sabbath to me includes... or I know I am resting when I ...*
2. What do you see in our culture that is hindering others from having a true Sabbath-rest? How does it relate to one’s trust in God? How would life be different if we rested then worked, instead of worked then rested?
3. How are these three passages related: [Exodus 31:16-17](#), [Matthew 11:28-30](#), [Hebrews 4:9-11](#)? Why do you think God would thread this theme throughout the Bible (OT, Gospel, NT)? Which words and/or phrases mark your soul? Why are they significant?
4. Katy Langley, PCC Student Ministries Pastor, stated, *“The Sabbath is a way to remember God, imitate God, and to seek God’s presence.”* Which one of these motivates you to want to find a way to be more consistent with Sabbath-rest? How would you and others benefit?
5. Identify what you are more attached to than wanting to take time for Sabbath-rest. Confess it to Him. *“God, I am sorry that \_\_\_\_\_ is more important than you.”* Then pray, *“In the name of Jesus and by the power of the Holy Spirit, I ask that you give me the ability to detach from \_\_\_\_\_ and choose Sabbath-rest with You.”* When will you plan weekly Sabbath-rest?

**Bonus Content**

View **Dangerously Tired - Cultivating Rhythms of Work & Rest** by Ruth Haley Barton, author and spiritual director. <https://vimeo.com/221310690>