



Week 3: Work & Rest

God created a perfect rhythm of work and rest for us. Work was part of God's original design for humanity and, like the rest of creation, it was good. When it is hard to see work as good, how do we get back to *shalom* (peace & right relationship and rhythm) in our work? Well, God gave us a great example: rest. When we understand the true intent of work and balance it with rest, we can get back to the created rhythm.

Connect

1. Share stories of times you had to rethink or reorder your work and/or rest which led to a better life for you.

Discussion

1. What did you learn about God and yourself from this sermon and passage and what would you like to see change in your life because of it?
2. What is your work, paid or not, and how does it create, collaborate, and/or cultivate?
3. **Read Colossians 3:23-24.** What does it mean to "work heartily, as for the Lord and not for men" and how will you practically apply this in your work?
4. **Read 1 Corinthians 10:31.** Share examples of ways you work for God's glory versus your own.
5. **Read Jeremiah 29:4-7.** How could you be more intentional about making a positive contribution to the common good in your community?
6. **Read Genesis 2:2.** God gave us an example of rest by ceasing His work and reflecting on it. Think back over your past week of work, whether paid, volunteer, or in the home. What was good? What would you like to change?

Closing Prayer This prayer section is a guide to help you process with God what you've learned about Him and yourself through the sermon, personal preparation time, and discussion, then seek the Holy Spirit's power in applying it in your life. Sharing these responses in your group will help others gain insight into God & themselves while also helping and encouraging one another toward growth.

1. **Admire:** Praise God for His creativity, cultivation, and collaborating with you in it!
2. **Admit:** Confess ways you place wrong or too much value on either work or rest.
3. **Aspire:** Pray as a group, "Father, help us see the value in our work and restfully reflect on how You partner with us in it."
4. **Ask:** Ask God to give you a fresh vision of how you can increase the welfare of your community. Keep track of requests & celebrations from others in your group & pray for them.