

REST & RENEWAL

The Forge: Men's Meeting

Key Passages: Matthew 11:28-30 and Genesis 1:31-2:3

Ongoing questions that may cultivate rest in your daily life:

1. Am I resting in Christ?
2. Am I doing what really matters today? Am I off when I'm off?
3. Am I having fun and taking care of my body every week?
4. Am I a joy and blessing to the most significant people in my life? What ways am I grateful for them? Am I at peace with them?

Discussion Questions with Your Small Group

1. Grace

Creation – God rested on the seventh day after creation. “An important part of the meaning of rest is suggested by the mystery of divine rest: it draws a boundary around work and exertion and takes a legitimate delight in celebrating what has been accomplished, without an urge to keep working. The rest of God even includes an element that is crucial for humans who rest – refreshment” (*Dictionary of Biblical Imagery*, 709).

Fall – After the curse, work becomes a burden and a striving. However, God gives us a freedom from work by instituting the Sabbath. We can learn to trust God and worship Him instead of striving for control and trusting in ourselves. Rest frees us from anxiety towards the God of rest.

Redemption – Jesus is the Lord of the Sabbath who came to give us rest. He invites all who labor and are heavy laden to come to Him so that He can give them rest.

Restoration - Christ's salvation includes an eternal, heavenly rest that follows death, the ultimate rest. Those who believe, who are in Christ, will enter the Sabbath rest of God for all eternity.

- God in His kindness and wisdom gives us the gift of rest. He displayed it in the days of creation. How do you see God's kindness and wisdom to you with the gift of rest?
- How can rest help free you from anxiety?

- Jesus himself invites us to come to him for rest. How is Jesus your rest on daily basis?
- God promises an eternal rest for his people. How does this promise help effect your need for rest today?

2. Pace

In order to have a rest, we need a good and wise pace in our life. We need to know our priorities and place the right rhythms in our lives. Our calendars can't be clutter with non-essentials. Physical rest, spiritual renewal, and relational refreshment are essentials to our daily life.

- *Physical*. Rest. We are finite creatures. How disciplined and peaceful do you sleep each night? How do you exercise or recreate? Do you have fun in your life?
- *Spiritual*. Renewal. We are made to worship and live before the face of God. We need to be renewed by His Spirit and Word daily. What does spiritual renewal look like in your life?
- *Relational*. Refreshment. We were created to live in community with others. We are called to be friends with others. If married, your wife is to be your best friend and you are hers. How are you cultivating healthy relationships to share your life with? Who is carrying your burden with you? How often are you laughing with friends or family?

3. Race

We are called to follow Jesus out of our new identities in Him as worshippers who live in loving community on mission to the world. We are also men who are called to lead in a variety of contexts. We need to live in light of the grace of God in a grace-paced way to endure and persevere the race God has placed each of us in.

- *Home*. How do you see the need for rest in your home?
- *Church*. How do you see the need for rest in how you serve in the church?
- *City*. How do see the need for rest in how you are reaching the city?

Resources

Books

- *Reset* by David Murray (for the men)
- *Refresh* by Shona and David Murray (for the ladies)
- *Essentialism* by Greg McKeown

Article

- "Wisdom and Sabbath Rest" by Timothy Keller