

# Lesson One Discussion Guide

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What are some signs of spiritual fatigue?

\*irritability, impatience, anger, resentment, lack of joy, etc.

Things to understand about spiritual rest:

1) God created people to need rest.

-When God created the world, He included certain rhythms that point to our need for rest.

-What are some rhythms in creation that point to a need for rest?

\*day and night

\*the seasons

-Which rhythm points to a need for spiritual rest? The Sabbath

2) God commanded His people to rest.

-God didn't just incorporate this rhythm of Sabbath rest into our world, hoping that we'd notice and follow His example. He thought it important enough to actually command His people to rest multiple times.

-According to Exodus 31:12-17 and Deuteronomy 5:12-15, Sabbath rest was important because it was meant to be a day of rest, of remembrance, and of refreshment.

3) God's people corrupted His rest.

-According to Isaiah 1:10-17 and Amos 8:4-8, how did the Israelites corrupt God's rest?

\*by oppressing the poor and being dishonest and greedy

-How did the Pharisees in the New Testament corrupt God's rest?

\*by adding a bunch of man-made restrictions

-Both the Israelites in the Old Testament and the Pharisees in the New Testament made observing the Sabbath a burden, but the real problem for both groups was that their hearts were far from God.

4) We need to clarify what Sabbath rest means for us.

-We equate the Sabbath to Sunday, our day of rest and worship.

-Regardless of our position about the Sabbath, we can benefit from the concept of Sabbath rest.

-What are some benefits that we can gain from having a Sabbath rest?

\*We can rest from the busyness of our lives, we can remember God and what he's done for us, and we can be refreshed as we focus on Him

5) We need to be cautious as we seek to find spiritual rest.

-We must remember:

1. Our need for spiritual rest, which we need every day
2. The purpose of spiritual rest, which is to help us focus on God
3. The source of spiritual rest, which is Jesus Christ Himself

*"When life goes on, day after day, week after week—without rhythms of remembrance—it's too easy to forget who God is."*

Erin Davis

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-Which rhythm points to a need for spiritual rest? \_\_\_\_\_

2) God \_\_\_\_\_ His people to rest.

-God didn't just incorporate this rhythm of Sabbath rest into our world, hoping that we'd \_\_\_\_\_ and follow His example. He thought it important enough to actually command His people to rest \_\_\_\_\_ times.

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3) God's people \_\_\_\_\_ His rest.

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# Lesson One: Putting it into Practice

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We need to spend time resting in Christ daily. Without an intentional plan, however, it's easy to become so busy that we forget. Use the questions below to help you plan your time of rest for the coming weeks.

\*When will I set aside time to rest? \_\_\_\_\_

\*What will I do during my time of rest? Be specific, such as read a certain part of the Bible, use a certain devotional book, pray, journal, etc..

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\*How can I make sure that I am able to focus on God (ex. turn off phone, go to a quiet place, listen to praise music, etc.)?

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\*What do I want to remember about God/Jesus during my time of rest?

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