



## The Rhythm of Work & Rest // Ben Hilson // May 23rd, 2021

The pandemic has changed how we experience our work and see our purpose. One recent study shows that one in four employees is seriously considering a job change. While more people are working from home, others are on the front lines. Then there's the work of home life. You will likely work 90,000 hours in your lifetime, so work is worth thinking about. Work impacts your happiness, your health, and even shapes who you become. What if your understanding of work is distorted? What if it's not about changing your job, but changing the way you see your life? What if work could be different?

**Bottom Line:** The goal of the Sabbath is ordering your life around *being* more than *doing*.

**Scripture:** [Genesis 2:1-3 NIV](#), [Matthew 11:28-30 MSG](#)

### Getting Started:

1. What is your idea of a great day off?
2. What would your dream vacation be like?

### Jumping In:

3. Does your time away from the job you are paid to do give you time away from all work?
4. When are you most aware of a desire for a sane rhythm of work and rest? When are you least aware of this?

### Discuss:

5. Is the word "sabbath" new to you? If so, how did the message help you in your understanding of what that word means? Was there anything that challenged you?
6. Read Genesis 2:1-3 as a group. What do you think about the idea that God rested? Why do you think God blessed the seventh day of rest?
7. Did any experiences that Ben shared in the message about work and rest particularly resonate with you? How so?
8. When it comes to rest in your own life, what does that mean to you and what does it look like?
9. Why do you think our western culture minimizes the importance of rest in the sabbath form?
10. Where is your motivation level at in terms of beginning to incorporate sabbath time into your life? Does it seem impossible, easy, overwhelming, etc.? Why?

11. If you have never practiced keeping a sabbath, what could you do to start prioritizing that time of rest (even if it's not a full day)?
12. Have you already been practicing the discipline of sabbath keeping? Describe the challenges and successes you have experienced.

**Moving Forward:**

The beauty of the sabbath is that there are no rules! The criteria is simply to cut out, for 24 hours, any doing or working that is not life-giving and any work that we do for our employer. Consider these two questions as you prepare for your time:

1. What activities will I refuse to engage in so that it is truly a day of rest, worship, and delight?
2. What activities bring me delight, and how will I incorporate them?

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (Matthew 11:28-30 MSG)*