

Session 3: Peace From Rest

SESSION GOALS

Every session has a point—what each participant should walk away from the discussion knowing, feeling, and doing.

Main Idea: A lack of rest can increase and contribute to our anxiety, so we should consistently choose the Sabbath rest of God.

Head Change: To know that rest is essential for our spiritual and physical well-being.

Heart Change: To feel at peace with taking time to rest as an essential part of life.

Life Change: To make taking a Sabbath a regular part of our lives to guard against overworking.

OPEN

When was the last time you felt exhausted? What were you doing to get so tired and how did you get through that day or week?

People with full calendars are often praised for how hard they work and how successful they must be. Although busyness is typically equated with successfulness, busyness can also be a grim sign of a suffering spiritual life and a body on the brink of breaking down.

Jonathan uses this session to highlight the biblical mandate for rest as a key to having peace in our lives. He encourages us to be still and trust God for the sake of our mental and physical health.

VIEW

Before viewing the session, here are a few important things to look for in Jonathan Pokluda's teaching. As you watch, pay attention to how he answers the following questions.

What does busyness cost us?

What is Sabbath rest?

What are the keys to finding true rest according to Jonathan?

Watch Session 3: *Peace from Rest* (12 minutes).

REVIEW

In our culture, busyness is valued as a virtue. People work tirelessly and fill their schedules to the brim. **What are some of the things that motivate the culture of busyness in our society?**

Jonathan used an acronym to describe the culture of busyness that is prominent today: B.U.S.Y. (or, Being Under Satan's Yoke). **What do you think about the message behind Jonathan's acronym? When has the busyness in your life kept you from closeness to God?**

In what ways does being busy affect what God is asking you to do on a day to day basis?

What does it look like to discern the difference between working hard and being consumed by busyness?

Pete faced the challenges of family responsibilities and work responsibilities. Although he was busy doing good things, he ended up pushing his body too far and put his health at risk. **After watching Pete's story, what do think are some of the dangers of allowing work and being busy to consume our lives?**

Pete was running one hundred miles an hour with work and family, making it hard to rest. His busyness cost him both spiritually and physiologically. **Why is rest such an important factor in our levels of anxiety and stress?**

What are some the reasons we, like Pete, sometimes allow our lives to get busier and busier even while our bodies are being pushed to their limits?

What are some ways you can build habits of rest into your life to prevent feeling overworked and get the rest your mind and body need?

In the session, Jonathan talked about how slowing down is essential to finding peace, meeting your goals, and, more importantly, pursuing the plan God has for you. **What are some forms of rest, including sleep, that you can practice to regularly fight the temptation to overwork?**

Destiny's life was full of noble, praiseworthy things but they were overwhelming her. Like Destiny, many of us can

find ourselves busy with good things. We can end up wearing our busyness like a badge of honor, which can make it difficult to know when we need to slow down or cut something out of our schedule. **What in Destiny's story do you identify with the most regarding a busy lifestyle?**

Once we recognize that we need to adjust our lives to accommodate our busy schedules, it can be a humbling experience to admit where we've gone wrong. **What role can humility play in helping us recognize our need for rest?**

Jonathan stated the enemy is often at work to keep us busy and lacking rest. **In what ways is taking a day to rest—or a Sabbath—a way to resist the temptation toward unhealthy habits of busyness?**

BIBLE EXPLORATION

Read Matthew 11:25–30.

As Jesus laments the rebellion of people who rejected him as the Messiah, he offers words of eternal comfort for all who follow him. Jesus offers eternal rest to all burdened by sin and the cares of this world.

What is the relationship between the rest Jesus offers and the physical rest we need from being overly busy and overworked?

How is the rest that Jesus refers to in these verses being reflected in the way that you approach your day to day life?

Read 1 Peter 5:7.

In this passage, Peter encourages the church by affirming that God is concerned about his people. God cares about our anxieties and wants us to bring them to him. **In what ways does this truth motivate you to pray about anxiety?**

What is the relationship between having peace and “casting your anxieties on God?”

What are some practices you can implement in your weekly routine to rest and cast your anxieties on God?

LAST WORD

Busyness is not a badge of honor. It may actually be drawing you away from God. The need to rest isn't just a suggestion for having enough physical energy to work but a command from God that has implications for your spiritual endurance.

Rest is required for a thriving life with God and should not be sacrificed on the altar of busyness. There are many good things we need to be doing, but we have to be realistic about how many tasks we can add to our calendars, despite how good they are.

As you reflect on this lesson, identify the times of Sabbath you currently have worked into your schedule. Is there room in your life for rest? If there isn't, how can you make room for rest?

DEEPER WALK

Read: Reflect on God's care for us and on finding rest in God by reading 1 Peter 5:6–8 and Psalm 46.

Pray: Pray using Psalm 46 as guide to remind yourself of God's care for you and sovereignty over the universe.

Evaluate: Take time to pause and evaluate what makes you feel like you don't have time to rest. Is there anything that you can allow someone else to do? Do you trust that God is in control of your life? Ask yourself what barriers might be hindering you from being still before God.

Create: Create a space in your home or office to go to God with minimal distractions.