

LIFE Community Sermon Notes



The Restless Ones

Deuteronomy 5:12-15

Observe the Sabbath day by keeping it holy as the LORD your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do. Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

Hebrews 4:9-11

There remains then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from His. Let us, therefore, make every effort to enter that rest so that no one will fall by following their example of disobedience.

LIFE Community Sermon Notes

Sunday, Jan 13

Big Idea: When we rest from our work God' is able to do His.

Key Verse:

Hebrews 4:11a

"Therefore, Let us make every effort to enter that rest"

Opening Question: Which lane do you drive in on the highway—the fast lane or the slow lane?

Questions in **bold** below are suggested focus questions.
Sections in *italics* and/or parenthesis are for the leaders.

Read the passages.

Discussion Questions

1. **Discuss: "Busyness if our badge of honor" Bryan Wilkerson**
2. How do we show respect for the Sabbath in this modernized world? How do we show disrespect for the Sabbath?
3. Bryan stated that our lack of rest shows a lack of trust for God. How is this true?
4. **Bryan presented two models on spiritual growth: The Martha Method and the Mary Mindset. Refresh your memories over what these two models are. Which one do you fall in? How is it helping or hindering your spiritual growth?**
5. We need to ruthlessly eliminate hurry from our lives. Bryan gave us a permission slip with five suggestions on it. Which ones have you tried? Which ones will you try? Why?

Permission Slip

You have permission to do the following in making every effort to enter God's rest.

1. Take a nap.
2. Practice falling still.
3. Enjoy a daily quiet time.
4. Guard your Sabbath.
5. Vacation on purpose.

6. **Share your prayer requests together and then spend 5 minutes in stillness together. Just allow the Holy Spirit to speak quietly to each person individually in your group. Do not play music or pray out loud. Just sit and be still. After five minutes of stillness and silence present your requests to God and experience His peace guarding your heart and your mind.**

Leader's Notes

1. *This series is followed up on Sundays with breakout classes. The booklets for the classes are called "Making Space for the Shepherd". Booklets are available online or in the office for the leader.*
2. *There is a resource library in 2 Militia with some good resources to use.*
3. *Additional resources on Simplicity, Solitude and Silence:*
 - a) *Invitation to Solitude and Silence—Ruth Haley Barton*
 - b) *Celebration of Discipline—Richard Foster*
 - c) *Simplify—Paul Borthwick*