## "Pause: The Discipline of Rest" Pastor Jim Oakley – September 1, 2019

1) THE ORIGIN AND PURPOSE OF REST (Genesis 2:2-3, Exodus 20:8-11, Leviticus 23:3)

2) NEW COVENANT REST (Hebrews 4:1-12, Mark 2:27)

3) BENEFITS AND WARNINGS ABOUT REST (Colossians 2:16-17, Romans 14:1-8)

## **Discussion Questions**

ICEBREAKER: What are some of your family's relaxing Labor Day traditions?

- 1) Read Exodus 20:8-11.
- 2) What is the state of the people in context of the story of Exodus?
- 3) How does this context connect the day of rest to their conditions in slavery?
- 4) What are the purposes of a day of rest according to Leviticus 23:3?
- 5) Why is it important for our faith that we take a break from our regular work schedule?
- 6) How can a day of rest help us avoid idolatry?
- 7) How does Jesus challenge the traditions that grew out of the Sabbath practice in Mark 2:3-12?
- 8) What justification does he give for what he does on the Sabbath?
- 9) How does Colossians 2:16-17 also speak to our legalistic tendencies about a day of rest?
- 10) If the day doesn't matter as much as the discipline, why do you think more Christians don't observe a day of rest?
- 11) How does Hebrews 4:1-12 describe our ultimate rest?
- 12) What are some ways you can rest in Christ this week?
- 13) How can we pray for you this week?