

Building Blocks

Sabbath Rest

Wyatt Martin // October 30, 2022

Genesis 2:1-3; Exodus 20:8-11; Luke 4:14-21; Matthew 11:28-30;
Hebrews 4:1-11

Big Idea: Jesus offers true Sabbath rest in the completeness of what he has accomplished for us.

Matthew 11:28-30

What is rest?

Genesis 2:1-3

To rest is to cease striving and to simply dwell in God's presence.

The opposite of rest isn't work, it's restlessness.

Psalms 95:10-11

Mark 2:27-28

Matthew 11:28-30

Message questions

This week's theme in our series, *Building Blocks*, is *Sabbath*. Jesus offers true Sabbath rest in the completeness of what he has accomplished for us. Here is the link to the Bible Project video that could be helpful to play for your group: <https://bibleproject.com/explore/video/sabbath-video/>. Throughout this series, we will be highlighting Jesus in the Old Testament. This week, our Old Testament passages are **Genesis 2:13** and **Exodus 20:8-11**. The New Testament passages are **Luke 4:14-21**; **Matthew 11:28-30** and **Hebrews 4:1-11**.

Use these questions to discuss the message from Sunday, focusing on how you can **grow** as an everyday follower of Jesus and how you can **go** accomplish what Jesus calls you to do.

1. Read **Genesis 2:1-3**. How is the seventh day different from the previous six? What makes this so meaningful in an ancient cultural context?
2. Read **Exodus 20:8-11**. What is true Sabbath rest? What is it not? Share with your group about a time when you sat with God without any distractions for an extended period of time.

3. Have someone read **Matthew 11:28-30**. What do we learn about the heart of Jesus towards us? How does knowing Jesus' heart help you understand Sabbath?
4. Jesus offers true Sabbath rest in the completeness of what he has accomplished for us. How can engaging some version of Sabbath rhythms help us **grow** together as an everyday follower of Jesus?
5. How do healthy work and rest rhythms help you **go** accomplish what Jesus is calling you to do?