

life|GROUPS
40's & 50's
Building Strong Families

Rest

1-25-17

So often in a busy culture, rest is seen as a waste of time; it's unproductive. We could be getting something done instead of wasting time resting. We could be cutting a deal, making some money, working towards our goals. Instead of laying low and burning daylight on resting, we could be wringing out every ounce of productivity in our day; if we could only get by with a little less rest.

The Problem is what comes with being tired and exhausted?

- More apathetic
- Less creative
- Less courageous
- Less adventurous; we let others do our thinking (TV, ipod's)
- We drink more to escape
- We become more selfish and aloof
- Less fun

What is rest?

Rest is not just taking a day off; it is time where we cease activity.

How we replace rest? (And deal with exhaustion)

- Energy drinks
- Starbucks espresso'
- Big gulps
- Keeper a tighter schedule
- More meetings, all shorter
- Add technology: lap top, IPAD, smart phone

Rest is typically not in our equation, rest is for down the road when we're older... or when we go to heaven and don't have to worry about pleasing our manager... or keeping our family afloat financially. Rest is for when we get our "to do" lists finished, or when we're too weary or sick to keep going.

What is God's plan for rest?

Genesis 2:1-3 - We see God resting on the seventh day.

Q Does the all mighty, sovereign, all powerful God, who created all things get tired and need to rest? No

What God is doing is building rest into a regular week, because we needed the model, we needed to see God rest! We needed to know that God made rest a priority.

Jesus as our example

Mark 6:31

Why is our rest so important to us?

1. Spiritually helpful – Psalm 46:10
2. Physically and emotionally restoring - Psalm 23
3. Enjoy God's blessing – Genesis 2:3

The benefits of rest

1. Peace
2. Courage
3. Perspective
4. Energy
5. Servant's heart

Questions

What are your thoughts about tonight's discussion?

Would you describe yourself as tired? What tires you out?

How do you normally handle exhaustion?

When (what do you attribute it to); do you see those in your family exhausted, spouse, kids?

What advice do you give them?

When and how do you rest?

How does exhaustion affect you spiritually?

