



Growth group discussion questions

Work is not everything

Personal preparation **BEFORE** the growth group meets:-

1. Read Exodus 20.8-11, Leviticus 23.1-8 and Deuteronomy 5.12-15. *What do we learn of work & rest for faithful believers under the old covenant?*
2. Read Psalm 62.1-8. *What deeper truth about rest do we learn of in this Psalm?*
3. Read Mark 2.23-28 & Matthew 11.28-30. *How do these words of Jesus develop our understanding of rest?*
4. Read Hebrews 4.1-11. *In the OT, entry into the promise land was described as rest. What greater Sabbath rest remains to be entered? How does someone enter it?*
5. *How does all that we've learned about rest in these passages impact our understanding of work?*

WHEN the growth group meets:-

- a. Share with one another your answer to Q1.

- b. Share with one another your answer to Q2.

- c. Share with one another your answer to Q3.

- d. Share with one another your answer to Q4.

- e. Share with one another your answer to Q5.

- f. Discuss this quote:- **“Rest’, then, is the goal of creation. It is where creation is heading. There is more to life than work and this world; there is the world to come where man will rest with God.”**

- g. Discuss this quote:- **“ In practical terms, taking a day off each week is an expression of this commitment [A commitment to God’s eternal rest]. It is a little symbolic taste of heaven. It reminds us that there is more to life than work. Taking a day off is a sign of my commitment to heaven, rather than to work and this world.”**

Pray together.