



BECOMING THE CHURCH

A RESTED CHURCH

Hebrews 4:9–11 | September 20, 2026 | Pastor Maddi Spacht

SERMON SUMMARY

Last week we named the “American gospel” of self-improvement. This week Pastor Maddi calls out another of its core tenets: hustle. Do more, answer faster, fill every open slot on the calendar, and never stop, or risk being lazy or missing out. The fruit is a weary, anxious, restless people, and the church has absorbed it right along with everyone else. Drawing from Genesis 2, Exodus 20, and Hebrews 4, she shows that from the very beginning God modeled a different rhythm: He stopped (*shabbat*) so that He could dwell (*nuakh*) with His people. Sabbath isn’t a legalistic rule; it’s a gift for our souls and a declaration that Jesus is Lord of our calendar. Speaking from personal conviction, Pastor Maddi names what usually keeps us from it: pride that says everything depends on us, and idolatry that lets good things crowd out God. Humility trusts that God can do more in six days than we can in seven. A rested church stops so it can dwell, and in a weary world, that rhythm becomes a testimony.

DISCUSSION QUESTIONS

- 1 Pastor Maddi asked, “How are you, really?” If you set aside the easy answer of “busy but good,” what is the honest answer for you right now?
- 2 She described hustle as a core tenet of the “American gospel.” Where do you feel the most pressure to always be productive? Do you tend to resent your busyness or quietly enjoy it?
- 3 Sabbath involves two movements: *shabbat* (to stop) and *nuakh* (to dwell). Which is harder for you, stopping the work or actually dwelling with God once you do?
- 4 Pastor Maddi traced her resistance to Sabbath to pride (“if I don’t keep going, things will fall apart”) and idolatry (good things that crowd out God). Which of the two do you recognize in yourself, and what does it reveal about where you are placing your trust?
- 5 She said, “Humility is choosing to trust that God can do more in six days than you can in seven.” What would have to change in your week for you to live like that is actually true?
- 6 What would a realistic Sabbath look like for you in this season? What is one thing (screen time, an activity, notifications) you would need to say no to in order to make room for it?

Last Week’s Challenge Update:

Last week Pastor Dave asked us to name specifically what Jesus is asking us to die to, write it on a card, and share it with our small group. Pastor Maddi opened this week by sharing that she has been living that very challenge, and for her, the thing that needed to be crucified was her resistance to rest. How is it going with what you named? Have you taken any steps toward laying it down, and has your group been able to encourage you or hold you accountable?