

It Matters

Rest Matters

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1. Rest is a _____ from God

Genesis 2:2-3 "On the seventh day God had finished his work of creation, so he rested^[a] from all his work. ³And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation." (NLT=New Living Translation)

2. Rest requires _____ in God

Exodus 20:8-10 "Remember to observe the Sabbath day by keeping it holy. ⁹You have six days each week for your ordinary work, ¹⁰but the seventh day is a Sabbath day of rest dedicated to the LORD your God..." (NLT)

3. Rest _____ what busyness drains

Mark 6:31 "Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat." (NLT)

4. Rest is more than _____

Psalms 46:10 — "Be still, and know that I am God!..." (NLT)

5. Rest is not being _____

Psalms 127:2 "It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones." (NLT)

6. Rest is part of a healthy _____

Ecclesiastes 3:1 "For everything there is a season." (NLT)

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Discussion Questions:

1. What do you believe about the importance of rest and where did your beliefs come from? What can cause us to be so resistant to rest?
2. Six reasons were given why rest matters. Discuss each one asking WHY the statement is true. Then ask what things get in the way of us experiencing this truth about rest.
3. Discuss your life rhythm. Is it healthy or could it use some moderation? Discuss how you can incorporate rest Daily – Weekly – and Seasonally.