

Rest and Work – Week 1 Small Group Questions

Opening Prayer

Ice Breaker

1. When was the last time you did absolutely nothing—no phone, no task, no agenda? What was that like?
2. On a scale of “totally relaxed” to “human hummingbird,” how would your family describe your normal pace of life?

Discuss

Main Scriptures: Matthew 11:28-30, Genesis 2:2-3

1. Pastor Ryan made a distinction between being *busy* and being *hurried* — “Busyness is what happens around you. Hurry is what begins happening inside you.” Which one feels more true of your life right now, and why?
2. Dallas Willard said, “*You must ruthlessly eliminate hurry from your life.*” When asked what else was needed, he said, “There is nothing else.” Why do you think hurry is so dangerous to a life of faith? What has hurry crowded out of your life lately?
3. Read **Genesis 2:2–3**. God rested not because He was tired (Isaiah 40:28) but to establish a rhythm for creation. What does it change for you to know that rest was God's idea from the very beginning — not a modern invention or a sign of weakness?
4. Adam's first full day of life was spent resting in God's presence, not working. Pastor Ryan said, “His identity came before his activity.” How does our culture get this backwards, and where do you see that pressure showing up in your own life?
5. Read **Exodus 20:8–10**. For a people who had just come out of slavery, Sabbath was a weekly declaration of freedom and trust. What are some ways you try to “make your own bricks” — proving your worth through what you produce?
6. Read **Matthew 11:28–30**. Jesus doesn't just offer a break from a busy schedule — He offers rest for our souls. What's the difference between those two things? Which one have you been chasing?

7. "Sabbath is the weekly reminder that you're not the Messiah." Where in your life do you need that reminder most right now — work, parenting, ministry, finances?
8. Read **Hebrews 4:9–10**. What is the "work" we're being invited to rest from here? How is this different from simply taking a day off?

Practice

This week, choose one rhythm that helps you stop, trust God, and enjoy His presence — a phone-free meal, an unhurried walk, quiet time in Scripture, or simply an intentional nap without guilt. Write down what you chose and one thing you noticed about your heart when you practiced it. Be ready to share with the group next week.