

Work Life Week 4: Sabbath Rest

Oct 18th, 2026

Genesis 2:1-3, Exodus 20:8-11, Matthew 11:28-30

The Story of the Sabbath:

1. God blessed the seventh day and made it holy at Creation.

We are created in his image for a rhythm of work and holy rest.

2. God commanded the Israelites to keep the Sabbath day holy.

Embracing our God-given limits requires trust in God.

To keep a Sabbath rest is to declare our freedom from slavery.

“You are to labor six days and do all your work...”

3. Jesus restored the heart of the Sabbath

The Sabbath was created as a gift for mankind.

A true Sabbath is filled with rest, delight, and worship.

A day of rest requires planning and a battle of the mind.

4. The Sabbath is fulfilled in Christ.

The Gospel teaches us to rest in Christ’s finished work of salvation.

Christians are not required to keep the 7th day Sabbath, because a heart devoted to God can live in rest, joy, and worship every day.

When we create times of rest, delight, and worship, we point to Christ and give people a taste of eternity.

Life Group Prep

We encourage you to reflect on and write out answers to these questions before you meet with your life group to discuss the Sunday message.

1. Share about a vacation or day off when you experienced real joy and rest. What made it so good?
2. Read Genesis 2:1-3, Exodus 20:8-11, and, and review the sermon. What thought or idea most speaks to you?
3. God created the universe, he is in charge over all that happens, and he will fully restore the world one day. How does this truth help us to relax and rest?
4. God created us with many human limits, including limits on our time, our energy, and our understanding, to name just a few. What personal limitation have you felt frustrated by? How is this limit an opportunity to trust God?
5. Many things help create joyful rest, like ceasing work, giving thanks to God, celebrating with loved ones, and enjoying great food. Many other things work against it, like worrying, trying to impress others, and digital devices. What is a change you could make that would create joyful rest on a day off?
6. How can you set aside time each week for rest, celebration, and worship?
7. Read Matthew 11:28-30. Paul wrote that the Sabbath is only a shadow of the true rest found in Christ. How have you found “rest for your soul” in Christ?