

Rest for the Weary

Week 1



If you had a battery level indicator on you like most electronic devices, what % would you be at today?

1 - I **never** rest! GO! GO! GO!

5 - I feel okay about how much I rest but maybe could get more.

10 - It is a **VERY** important part of my life!

How much **DO** you rest in life?

1 - I don't really care about rest at all

5 - I kind of wish there was more space for it, but I'm okay.

10 - I **NEED** that; bring it on!

How much do you **WISH** or **DESIRE** you could rest in life?

What does God's Word Say?

Genesis 1:26-2:3 | Jeremiah 6:16 | Matthew 11:28-30

What do these verses tell us about God?

What do these verses tell us about ourselves?

What do these verses tell us about rest?

"I will give you rest." - Jesus

Life Lists

In the past couple weeks, what things have been LIFE-GIVING or in general what brings you joy or rest or fills up your battery?

In the past couple weeks, what things have been LIFE-DRAINING or in general what kinds of things drain your battery quickly?

Choose Your Own Adventure

Choose one idea below (or come up with your own) to experiment a little with this this concept of rest in the week ahead:

- Choose something off your "life-giving" list and find a way to add more of that activity into the week ahead.
- Pick something off your "life-draining" list and find a way to lessen the impact of that in your life a little this week.
- Social media or Tech Detox – Set aside a certain amount of time this week to put down the phones and shut off the TVs. Use that time to connect with family or friends, play a non-digital game, read a book, or connect with God. Start with just 1 hour a week or maybe 15 intentional minutes each day. It's less about the length of time and more about intentionally setting it aside and not letting it dictate our lives. Maybe start those moments with a simple prayer like this: *"Use this time, Jesus, to remind me what's true and find rest for my soul."*

No Longer Slaves

Week 2

What does God's Word Say?

Exodus 20:8-11

Deuteronomy 5:12-16

Luke 13:10-17

Mark 2:27-3:6

Tsqiqh 58

"Exodus grounds Sabbath in creation. Deuteronomy grounds it in liberation. Exodus remembers Eden, Deuteronomy Egypt. ... Slaves don't rest. Slaves can't rest. Slaves, by definition, have no freedom to rest. Rest, it turns out, is a condition of liberty. God calls us to live in the freedom that he won for us with his own outstretched arm. Sabbath is a refusal to go back to Egypt."

- Mark Buchanan in *"The Rest of God: Restoring Your Soul by Restoring Sabbath"*

Ideas for Sabbath

WORSHIP

- Go to church
- Listen to or play worship music/hymns
- Make a gratitude list
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REST

- Take a nap
- Cease from anything unnecessary
- Get outside in God's creation
- Go for a slow peaceful walk
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DELIGHT

- PLAY!
- Laugh
- Eat special/easy food you enjoy
- Remember: You aren't slaves! You are free!
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COMMUNITY/CONNECTION

- Go to church or Bible study
- Have meals with family/friends
- Write a letter to someone
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HEALING & FREEDOM

- Serve someone else for part of Sabbath or find a way to invite them into rest
- Pray/Journal
- Deal with some of the hard stuff in your life and ask God to bring healing
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Choose Your Own Adventure

Pick one of these challenges for the week ahead:

- Set aside some time as Sabbath this week. You may not be able to find a full 24 hour period to start, but maybe it's just 2-3 hours where you can plan a specific activity (or lack of activity) that you find restorative. Add to the lists above of what is Sabbath for you.
- Have a conversation with your family about Sabbath. Here's an idea for a way to start the conversation: "We were talking about Sabbath today in youth group. I'm curious: what comes to mind when you think of Sabbath or why do you think it's important?" After they answer you can ask if they want to hear your thoughts or just sit and listen. Another follow up question might be: "What would it look like for us to practice Sabbath in our family?"

Take a Nap & Eat a Snack

Week 3

If you had a free Saturday and could do anything you wanted, how would you spend the day?

What does God's Word Say? 1 Kings 18-19

When is a time when the circumstances of life were great and maybe it felt like you "should" have been the happiest, yet you were actually really discouraged, lonely, or unsatisfied?



Elijah's on Empty!



Where's your
battery at today?

A time I was at 0%:

A time I was near 100%:

Romans 8:26

Reminders, Tips, and Tricks

- God provides. We are not alone in our exhaustion.
- Sometimes we need to deal with practical, physical needs. God gave us bodies and it's important to take care of them to be able to carry out the work He has for us!
- The call of God can be hard, but He provides the Spirit's help.

Breath Prayer Ideas

"When I am afraid,
I put my trust in you."

(Psalm 56:3)

You make all
things new.
(Revelation 21:5)



"God of hope,
fill me with peace."

(by Kayla Craig)

"Father, give me wisdom.

Jesus, show me love.

Spirit, fill me with peace."

(by Rebekah Freed)

"Lord, have mercy.

Christ, have mercy.

Lord, have mercy."

"I will trust the Lord,

for the Lord still rules from heaven."

(Psalm 11:1,4)

"Jesus, please remind me

Nothing can keep me from your love."

(Romans 8:37-39)

Jesus,

help me.

Choose Your Own Adventure

Let's put what we learned into practice in one of these ways this week:

- Pick one of the short prayers on your sheet to say at least once every day this week. If it's helpful to you maybe say the first line as you inhale and the second as you exhale. Think ahead now to a time when you can do this intentionally (e.g. while brushing teeth; set an alarm; as you leave school; etc.).
- Text someone else in this group sometime this coming week and ask them how they've been finding rest or encouragement.

Rest as Good News

Looking Back

Week 4



Where's
your battery
at today?



Week 1



Week 2



Week 2

Can you think of anything that caused your battery level to go up or down in the last month? What has been life-giving? What has been life-draining?

Gospel = GOOD NEWS
what is "good news" about rest?

What does God's Word Say?
Mark 6:30-46

Mark 3:7-10

Let's Get Practical

What gets in the way of me resting or practicing Sabbath?

What can I do in the next week or two to plan ahead and prepare for rest? How can I set aside time for it?

How could Jesus' invitation to rest be "good news" to my friends?

Choose Your Own Adventure

- Who is one person who you know who could use some rest?
- What is one practical way you might encourage them or invite them into rest this week?

"It is finished!" - Jesus