



## The Principle of Rest

### Robert Morris

**Focus** The Sabbath is God's gift of rest to us, and it has a purpose. When we follow God's commandment for us to rest, it restores and blesses us. However, there are consequences when we do not.

**Fun** What is your favorite thing to do on weekends? How often do you have the opportunity to do that activity?

**Review** Key Scripture: Exodus 20:8–11

**1. There are reasons God says to rest.**

It gives God the opportunity to provide for us supernaturally (Exodus 16:23–30). But we have to make the decision to trust in His provision. It also gives us the opportunity to rest and be refreshed (Exodus 31:14–17). Even God rested on the seventh day after creation. He is our perfect model for this principle.

**2. There are consequences when we do not rest.**

*Numbers 15:32–36; 2 Chronicles 36:20–21*

We must remember that there is a principle of life and death behind every one of the Ten Commandments. We could be slowly killing ourselves by not resting one day a week.

**3. There are blessings when we rest.**

*Mark 2:23–28*

The Sabbath is a gift to us from God. It is meant to revive us emotionally, mentally, physically, and spiritually.

**\*Group Dynamics Idea\*** The Bible mentions the word *Sabbath* many times. Challenge your group to find a few Scriptures which mention this concept of rest, then share them.

## Discuss

1. The definition of *Sabbath* means to cease or stop labor. Have you set aside a day in your busy week for rest?
2. What does God say about Sabbath rest in Exodus 20:8–11?
3. Discuss how we can each apply the principle of rest to our lives.
4. Name some of the blessings we receive from a Sabbath rest.
5. What might some of the consequences be for not having a Sabbath rest?
6. Explain this statement: “God can do more in six days than we can in seven.”
7. Has God ever called you to an extended time of rest? If you are comfortable doing so, share what happened.

**Take Home** As we conclude, remember the following:

- After six days of creating, God rested. He expects us to rest as well.
- When we set aside a day to rest, we are revived in many ways.
- When we do not allow our bodies and minds to rest, there are consequences.
- We are blessed when we are obedient to His Word.

**Prayer** Lord, we thank You for your gift of the Sabbath and the freedom to rest. Help us use this holy day wisely. As we follow Your command, bring refreshment, blessing, and spiritual insight to us. In Jesus’ name. Amen.

**\*New Leader Tip\*** As a leader, you must take the time to be refreshed and renewed. Be sure to spend time with the Lord regularly because in His presence you will find strength, insight, and blessing.