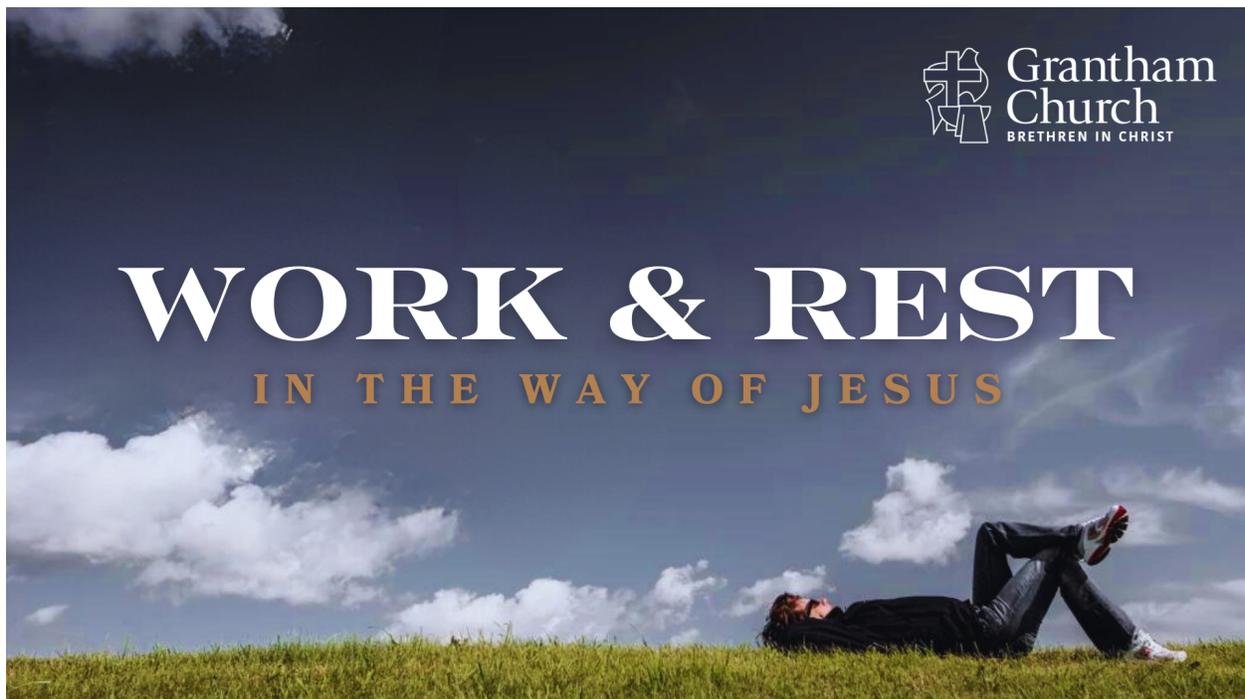


**Work & Rest in the Way of Jesus**  
Small Group Discussion Questions

Join our congregation for worship in-person or online at 10:30 am each Sunday via our [Grantham Church YouTube Channel](#). If you ever miss a message, the sermons are always posted to the [recent sermons page](#) at our website and at the [Grantham Church Podcast](#) the following day, along with the sermon slides and small group discussion questions under Worship Resources. Thank you for staying connected with us!

**Sunday, January 28th, 2024**



**Sermon Title:** Work & Rest in the Way of Jesus

**Scripture Reading:** Deut. 5:12-15; Matthew 11:28-30, 12:1-8; Colossians 3:23-24

**Sermon Focus:** “Do you work to live or live to work?” That’s a question many folks are asking themselves these days. But as disciples, we should be asking, “How do we honor time and life as sacred? How do we work hard as servants of the Master, but also truly rest so that we can resist American consumerism, discover joy and refreshment, and live an abundant and rewarding life of faith?” In today’s message, Pastor David invites us to set some boundaries and adopt healthy rhythms of work and rest.

Thank you for going deeper in conversation with your small group in person or by video call. Use the following questions to help *guide* your small group discussion:

1. Pastor David began his message by sharing a story of when he delivered groceries to a man on Sunday morning who scolded him for not being in church. Pastor David pointed out that he would not have been working on Sunday morning if folks like this man didn't come to the store at that time. In addition, Pastor David would have rather been in church, but had to work to keep his job. Have you ever encountered modern-day Pharisees who view Sabbath-rest as a fixed day or treat it legalistically like the man in this story? What were you taught about Sabbath growing up? Did your family recognize the Sabbath?
2. Read Matthew 12:1-8 together. What is going on in this story? Why were these Pharisees so upset by what Jesus and his disciples had done? What does Jesus mean by his examples? What can we know about how Jesus viewed the Sabbath in this passage? Are there other passages of Scripture that come to mind?
3. The Bible says a few things about how working is a good thing (e.g., Gen. 2:15; Prov. 14:23; 1 Thess. 4:10-12; Eph. 4:28). Jesus worked for many years as a builder with his hands (Mk 6:3). Jesus sometimes worked long days (Matt. 8:16; 14:15). Jesus told parables that revealed how the Father wants diligent workers (Matt. 9:37-38; 21:28-31). And in Colossians 3:23-24, Paul said that we shouldn't see ourselves working for people, but for the Lord. How might the biblical view of work help the church today? How can a "theology of work" fuel our witness?
4. Read Deuteronomy 5:12-15 together. Since the Sabbath is a command and a gift from God so that we're not slaves to our work, why do you think we're tempted to see sabbath-rest as an obligation or burden? What does this say about our cultural captivity to work? How does this passage speak to you?
5. Are you resting from "work" one full day of the week? Are you honoring and observing Sabbath rest in the way of Jesus? Do you have boundaries in place to help you make space for rest and prayer? Do you have quiet times with Jesus during the week? If so, what does this look like for you? If not, what are some changes that you can make in the coming week to enter the Lord's rest.
6. Read Matthew 11:28-30 together. Jesus is our true rest. Practicing sabbath without Jesus doesn't allow for spiritual "REM" rest. How is the Spirit speaking to you through these words of Jesus about healthy rhythms of work and rest?