



#### **Week 4**

#### **Growth Group Opener:**

**What is your favorite way to rest?**

#### ***Read Genesis 2:1-7***

Why do you think God made a point to rest on the seventh day?

**From Adam's perspective, the first full day he knew was a day of rest.**

How does this challenge the way we view work and productivity?

**Before God introduces work into the lives of the first humans, he establishes rhythm. Rest is not recovery from work...it is the foundation for it.**

What has God called you to cultivate and steward, whether at work or at home?

How does working from a place of rest reorient us in relationship to God?

How does rest prevent work from becoming either idolatry or identity?

How has hurry and hustle shaped your spiritual life?

How would working out of a place of rest, instead of collapsing into it, change the way you live and function?

How might you need to reshape rest in your life to move away from guilt into obedience and trust?

What do we learn about God in these passages?

Is there anything you feel the Holy Spirit inviting you to look at more closely?

#### **Prayer:**

Father, thank you for creating a good world, and for showing us how to live in it well. Help us to live out of a place of rest, not avoid rest until we're literally falling apart. Teach us how to see the work we get to do not as punishment, but as worship, and as an opportunity to participate in your purposes. Let us trust you more and more each day, relying on you to multiply our efforts in all we do. May our work reflect your goodness. In the name of Jesus, amen.

#### ***Put It Into Practice:***

***Carve out a 2-4 hour block of time to just rest and be with the Lord.***

***Stop all productivity. Enjoy God's gifts in your life. Cultivate gratitude.***

***Reflect on what it looks like to trust God with what you leave undone.***