



July 9/10

REST FROM THE GRIND

Andy schumacher, osage campus pastor

INTRODUCTION

Andy Schumacher continues week two of our series *Glory in the Grind* by bringing us through the fourth commandment in Exodus 20 and explaining what it looks like to “Rest from the Grind.” Although the fourth commandment seems to be oddly placed in the top ten and the one we break most often, it is important to follow for many reasons. Resting on the Sabbath shows others our primary identity is “child of God,” not “employee.” We also rest to hear from God and to remind ourselves we need God. Lastly, we rest to enjoy the finished work of Christ.

DISCUSSION

1. What does taking a day of rest mean to you? What would you do [or not do] on that day? When was the last time you took a day of rest? Discuss with your group and pray about making a day of rest a spiritual discipline in your life.
2. **Read Psalm 62.** What kind of effect do you think taking a “rest in God” day every week as would have on the “grind” of your work week? How would it impact your relationships with others and with God?
3. Choose a praise/worship song, and listen to it on a mobile device, CD, etc. As it plays, close your eyes, listen to the words and practice resting in God’s spirit.

THINK ABOUT IT

Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. *Hebrews 4:1-2*

To be of value to us, the Sabbath has to be combined with faith. Sabbath-followers show faith in God, not the world. They rest in God, not the world. Sabbath-followers share their faith by loving God and trusting in His promises above and beyond the “grind” of daily life.

DO SOMETHING

1. As a group, commit to practicing a Sabbath rest. It would be the perfect time to meet at a park for a walk or hike, enjoy a backyard barbeque, or share a book or devotional. Be sure the focus is on rest from work and resting in God.
2. The practice of solitude could also be part of a Sabbath rest. Find a spot where you will not be interrupted, unplug from the world, and spend time listening to or reading the Word, journaling, praying, etc.
3. What do you need to change from your routine to have a Sabbath rest? Sometimes it is not only a change of habit but a change of attitude. Pray for discernment, wisdom and courage.