

# SERMON GUIDES

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

Visit [woodlakeumc.org/sermonessentials](http://woodlakeumc.org/sermonessentials) for weekly sermon guides, devotionals, and more or if you have questions, contact **Jill Perrin** at [jperrin@woodlakeumc.org](mailto:jperrin@woodlakeumc.org).

## This Summer ... Rest | WEEK #3

01.

### INTRODUCTION

This summer we continue with a sermon focusing on Resting as a way to improve our connection with God by stepping back from our busy lives.

02.

### DISCUSSION QUESTIONS

#### Read Hebrews 4:9-11

1. Reflecting on our reading today in Hebrews and also the 4<sup>th</sup> Commandment:
  - a. Do you agree that the Sabbath is important? Why?
  - b. Do you have trouble honoring the Sabbath?
  - c. If so, what do you do during this time instead?
2. Pastor Josh talks about about a favorite movie of his called "Ferris Bueller's Day Off." In the movie, Ferris takes a day off from school to enjoy life despite his worries.
  - a. Are there any similar examples where you have taken time off and enjoyed life in spite of or in the middle of challenges you may have been facing?
  - b. What is an important lesson in this movie for you as a Christian?
3. In **Genesis 1:1-31**, we learn how God created the heavens and the earth over a period of (6) days.
  - a. What did God do on the 7<sup>th</sup> day?
  - b. Why is this important to us as Christians?
  - c. Read **John 1:1-2**. What other times in the New Testament has Jesus modeled God's actions discussed in **Genesis 2:2**.
  - d. Do you feel like you need to work before you rest? Why or why not?
4. In **Psalms 121**, it says that God neither slumbers nor sleeps.
  - a. Does this contradict the commandment that we are to rest to rest?
5. Pastor Josh talks about the following dangers of not resting: Dying from exhaustion, quit following God and being addicted to work.
  - a. In what ways can you relate to any or all of these? Do these dangers seem too extreme? Why or why not?

# SERMON GUIDES

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

Visit [woodlakeumc.org/sermonessentials](http://woodlakeumc.org/sermonessentials) for weekly sermon guides, devotionals, and more or if you have questions, contact [Jill Perrin at jperrin@woodlakeumc.org](mailto:jperrin@woodlakeumc.org).

- b. If someone asks how you are doing, how do you typically respond? Do you ever say you are busy? Is your self-worth tethered to how busy you are? Why or why not?
- c. Does our commandment to honor Sabbath and rest seem too simple in the world we currently live in?



## NEXT STEPS

1. Take one hour a day to rest. Consider taking this time in ways to more closely connect with God (e.g. reading your Bible, praying or meditating).
2. Take one day off to rest. It doesn't have to be Sunday. Work that day of rest into whatever schedule works best for you.
3. Take one week off to rest. Vacations should recharge you so focus on relaxation instead of busyness.