

SESSION  
**3**

THE CONVERSATION STARTER

# “Stop!”



GOOD GIFTS

Launch your study with this  
**CONVERSATION STARTER**  
[Watch the video](#) or read it below.



READ

Before the study, take a moment to read Ps. 127:2; Eccl. 2:24-3:13; Mark 2:27



BONUS RESOURCE

Feel free to listen to **Weekly episode #156, “Do Not Disturb!”** before your study, as an example of a conversation led by this study guide.

[biblegeeks.fm/156](https://biblegeeks.fm/156)



**W**hen I ask someone, "How are you?" they often answer, "Busy!" When did that become our standard reply? We glorify long hours and exhaustion as badges of honor, as proud of our lack of sleep as our results. How bad is it? For some, it's deadly. A recent study found that overworking kills three-quarters of a million people yearly<sup>1</sup>. In Japan, they have a word for it — *Karoshi* — "death from overwork." Our last session celebrated work, but that's not all God wants for us. Sometimes we need to stop to appreciate his gifts.



THE BIG IDEA

Work is good, but God also created us to enjoy the sweetness of rest.

We serve a God who rested (Gen. 2:1-3). Remember Jesus napping in the boat (Mark 4:38-40)? Or saying, "*Come away ... and rest a while.*" For ... they had no leisure" (Mark 6:31)? God valued rest so much he required work to cease one day a week (Ex. 20:8). Must have seemed shocking to a group of slaves (cf. Deut. 5:15)! We take a day of rest for granted, but it wasn't always this way.

The Sabbath was "*a shadow*" of Christ (Col. 2:15-17; Heb. 7:12). But it reminds us God wants us to rest. "*The Sabbath was made for man, not man for the Sabbath*" (Mark 2:27). We're valued for more than what we produce. Our work isn't as important as we think; life goes on without us getting stuff done for a while. "*It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep*" (Ps. 127:2). We can have "*sweet*" sleep (Eccl. 5:12; Prov. 3:24), trusting God to keep us (Ps. 4:8).

But rest isn't just something we do; it's our security under God's rule (Deut. 25:19; 1 Kings 5:4). It's a mindset we cultivate, waiting for a greater rest (Heb. 4:9-10). Because even now, those who come to Christ rest in Him (Matt. 11:28-30).



THE BIG QUESTION

What do you learn from God's desire to give us rest?

1. "How Overwork is Killing Us," *BBC* (<https://www.bbc.com/worklife/article/20210518-how-overwork-is-literally-killing-us>)

# Rest

STOP AND ENJOY REST

## INTRODUCTION

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Launch the study with a **CONVERSATION STARTER** on the Big Idea.  
Read, listen, or watch “Stop!” – [biblegeeks.fm/daily-261](https://biblegeeks.fm/daily-261) ▶▶▶



**ICE BREAKER** — Get everyone engaged and talking.  
What's your favorite thing to do for relaxation?

## ACT I

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**LIKE THE TEACHER** — Mark 6:30-32  
What do you see Jesus doing and saying here?

Why do you think it's recorded in the book? What's the point of the passage?

What insights and applications do you take from this example of Christ? What do we need to get from his example that – if understood and applied – has the power to bless and strengthen us?

## Rest

## STOP AND ENJOY REST

## ACT II

**WHAT'S THE DEAL? — God's Seventh Day Rest**

In Genesis 2:1-3, God completes his weeklong work with a final day dedicated to rest. Do we understand why he did that? What's the deal with God ceasing work and resting on that day?

Answer the questions below in preparation for a discussion of question seven. Meditate on God resting and commanding a day of rest in Israel, preparing to talk about what it means.

1. Did God need rest? What does it mean for God to rest?
2. What do you take from the ending of chapter 1 (verses 26 to 31)? How does God describe man? What does he do in verse 28?
3. What had God accomplished before the seventh day (2:1)?
4. What all does the text say God did on the seventh day (2:2-3)?
5. Read Exodus 20:8-11. What was the meaning of the Sabbath day law in God's covenant with Israel? What does it have to do with God's rest on the seventh day? What other passages shed light on God's purposes for the Sabbath?
6. God's throne is described the place of his rest (Psalm 132:13-14 and Isaiah 66:1). Similarly, after Jesus completed his earthly ministry (John 19:30) he sat down at the Father's right hand (Mark 16:19). One part of his work complete, he sat down – not just to rest – but to reign (1 Pet. 3:22; Rev. 3:21). Do you think the connection between resting and reigning shed any light on Genesis 2:1-3? If so, what?
7. **So, what's the deal with God's seventh day rest?** What should we understand about it? What insights and applications should we take from Scripture's teaching on it?

# Rest

STOP AND ENJOY REST

## ACT III

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**REACH OUT** — Connect with each other with this question.

What keeps you from enjoying downtime?

## WRAP UP

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**THE CHALLENGE** — Ready to put it into practice?

Give someone you love a break.



**REQUEST** — Go to God in a closing prayer.

"Holy Father, grant me the time to pause and reset like Jesus did." (cf. Matt. 14:22-23)



**NEXT SESSION** — Talents

Prepare by reading Luke 12:35-48; Rom. 12:6-8; 1 Peter 4:10-11