



# Sermon Notes and Study Questions

Seismic Shifts: From Rushing to Resting

**8** Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Exodus 20:8-11

**15** This is what the Sovereign LORD, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it."

Isaiah 30:15

## Notes:

Introduction: King Hezekiah's problem and ours

Trust and Rest

## God Gives:

- Rest for our Bodies
- Rest for our Minds
- Rest for our Souls

## Conclusion: Matthew 11:28-30 (The Message)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

## Discussion Questions:

1. Why do you think it is easier for us to stay busy rather than to rest?
2. Share with your Life Group ways you find rest:
  - a. Physically
  - b. Mentally
  - c. Spiritually
3. What is most difficult for you about finding rest? What can you do about it?
4. How do you find rest for yourself emotionally?
5. What practices help you most as you spend time with God?
6. What truths in Scripture and in our faith give most rest to your soul?