



# Pause

## Life Group Questions: Pause to Live

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### Read

Exodus 20:8-10

### Reflect

Would you describe yourself as “too busy”? How would others describe you in that regard? Does the Christmas season tend to bring out the best, or the worst in you when it comes to busyness? Our culture prizes efficiency, work, and accomplishment. What we don’t value is rest. We tend to treat rest as laziness, as a waste of time. It’s been said that multitasking is a surefire way to make sure that you do many things poorly. Embracing busyness is the same. We feel productive, but the truth is that we are simply producing exhausted mediocrity. How would your life change if you learned to work from your rest? How important is rest to your life?

Pastor Josh Surratt gave us three reasons to pause from our busyness:

1. Because God didn’t create us to live this way
  - a. The Sabbath is meant to teach us an important truth: that we need rest. Rest isn’t just a suggestion, or something we should try to squeeze in. Rest is something God meant to be a major part of our life because he knows that we need it. What is your attitude towards rest? Do you see it as valuable, or a waste of time?
  - b. Do you get enough rest? Would the people who know you best agree with your answer? How can you make room for rest in your life?
2. Because “efficient” relationships don’t work
  - a. How do you approach the important relationships in your life? Do you set aside time to develop and grow them? Or do you give the important people in your life the bare minimum? Are you trying to be efficient, or intentional?
3. Because our mission requires it
  - a. Followers of God are on mission all the time, every day. Our mission is to be representatives of God to the people around us. How can we fulfill this mission, how can we accurately represent God if we are exhausted, if we work so hard that we have nothing left to give?
  - b. Do you see rest as central to your purpose in life?

What was your biggest take-away from the weekend message?

### Respond

- What do you feel like God is asking you to do in response to the weekend message? What is your next step?
- How can your Small Group support you and hold you accountable in this?