



# SESSION 4

Make Room for Rest



By this point we should be settling into a level of comfort with the group, continuing to welcome any newcomers. In this session we'll be taking a look at the subject of rest. Now that sounds good to lots of people. Most of us would agree we need more rest. But what kind of rest are we looking for? Is it the kind that will leave us rested or restless?

Is this important? Well, consider this: God didn't create the world in seven days. He created it in six and then took the seventh day

as a Sabbath—He made room for rest. Did He do that because He was really tired from all that creating, or was there another, better reason to stop, take a break, relax, contemplate, renew? Is that need for rest something connected with what it means to be made in the image of God? If all this sounds intriguing, you may find it a new passion of yours to make time for rest.

## COMING TOGETHER

**During each session, we will begin with a question or brief activity designed to “put us on the same page” for the session. Continue to make sure everyone knows names.**

**1** Most of us equate rest with sleeping or napping. But what are some other activities you've engaged in that you honestly find very restful, even if some involve a certain level of effort?

**2** If you've been with us in previous sessions, you know we're aiming at moving toward making room for important things in life. We're talking about how we create space for God to work. So far, we've talked about making room for God directly, as well as making room for relationships and making room for miracles. In this fourth week, who would like to share a significant personal discovery in one of these areas in your life since we started?

## LEARNING TOGETHER

Throughout the sessions in Make Room, we're hearing some pointed teaching from Greg and Josh Surratt, as well as some personal stories from people who have some observations for us on making room for what's most important in life. With that thought in mind, let's begin our teaching from Greg for this session:



### DVD SESSION 4

Use the space provided below for any notes, questions, or comments you want to bring up in the discussion later.

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# GROWING TOGETHER

In the questions that follow, you will review and expand on the teaching you just experienced.

**3** Nothing like a good challenge to get busy resting, right? Let's look back at what we just heard. What would you say are some clues in your life that whisper or shout: You need some rest! And how do you usually answer?

**4** Greg said, "We are human beings and not human doings which means that God has created us to work from our rest and not rest from our work." What did he mean?

**5** The first step suggested that in order to make room for rest was to find time for rest each day. This might be as obvious as a power nap, but let's brainstorm things each of us has discovered that are restful moments for us in an otherwise hectic day.



**6** Greg's second point was: Identify a Sabbath day each week. Thinking in terms of a large part of a day or a whole day, what are some activities you've found or noticed others practicing that have this quality of rest and refreshment? What makes them restful?



**7** The third point Greg made was: If you can, abandon everything. What did he mean? Given that most of us have more opportunities to do good things in our lives, what does it take to say "No" to all of that in order to say "Yes" to something that is important?

**8** Why do you think it's hard to keep some fences around our times of rest? (How many of us take our laptops on vacation?)

**9** What's the difference between resting and being lazy? Why is it important to differentiate between the two?





## GOING DEEPER BIBLE STUDY

You can explore the following Bible passages behind the teaching for this session as a group (if there is time) or on your own between sessions.

Read Mark 2:23-28. This is the context of our memory verse and key thought for this session: Then He said to them, “The Sabbath was made for man, not man for the Sabbath.” (Mark 2:27 NIV).

Jesus was living in a society that was hyper about the Sabbath in a way that made it a burden rather than a time of rest. Someone in your group with a study Bible may be able to fill in some of the background on the micromanaging religious legal system in place in Jesus’ day.



According to Leviticus 19:9-10, why did the disciples have permission to pick from the fields they were passing through?

In verses 25-26 Jesus gave a counter argument that wasn’t based on Sabbath law but upon legal priorities. How did David get away with what was technically unlawful?

What kinds of challenges might we face today in which we would be called to demonstrate a similar stand for God’s Word and rest in the face of pressure to conform to human standards or expectations?

Must Sunday be Sabbath, or are there some equally valid ways of addressing the importance of rest with the complicating factors of work schedules and other priorities? How?



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MAKE ROOM

CREATING SPACE FOR GOD TO WORK

Read Philippians 3:7-14. Paul had a way of speaking about abandoning everything in order to have a singular focus on the most significant aspect of life, our relationship with God. In this series on making room for God to be and work in our lives, it's crucial we understand how rest fits in that picture of spiritual life.



How does Paul describe the one thing next to which he calls everything else “a loss” and “rubbish”?



According to verses 10-11, what is Paul pursuing with a passion?

How do verses express a unique balance between what sounds like resting and what sounds like working?

What challenges your life in this passage?

# SHARING TOGETHER

Now it's time to make some personal applications to all we've been thinking about in the last few minutes.

**10** Greg also said regarding daily rest: "As human beings we all grow tired and weary at times. Each day it is vital that we carve out some space, some margin to connect with God." How are we doing with this spiritual discipline of having time with God?

**11** In whatever season of life we find ourselves, how can you re-order your life to make room for rest?

# GOING TOGETHER



During these sessions we are doing things "together:" learning, thinking, growing, praying, choosing, etc. Part of being together is how we live when we aren't together. Here are some questions to clarify our shared purposes until we meet again.

**12** Greg closed his teaching with a crucial question: What kind of decisions would you have to make and what kind of accountability would be needed in order to experience rest for your soul on a daily, weekly, and yearly basis? How could we as a group hold each other accountable for these decisions?



**13** How can we pray for each other? Is there anyone from your Circle of Life exercise we can pray for?



**14** Check in with your spiritual partner(s), or with another partner if yours is absent. Share something God taught you during your time in His Word this week, or read a brief section from your journal. Be sure to write down your partner's progress on page 93.

Close the session in prayer. Encourage each other to pray audibly for others in the group.

## DAILY REFLECTIONS

These are daily reviews of the key Bible verses and related others that will help you think about and apply the insights from this session.

### Day 1 – Genesis 2:2

#### *The Origin of Rest*

“By the seventh day God had finished the work he had been doing;

so on the seventh day He rested from all His work. And God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.”

How does truly resting imitate God?

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## Day 2 – Matthew 11:28-29

### *Restful Yoke*

[Jesus said] “Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.”

Based on this week’s session, how do you think wearing Christ’s yoke would lead to rest for your soul?

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## Day 3 – Mark 2:27

### *Sabbath Purpose*

“Then He said to them, “The Sabbath was made for man, not man for the Sabbath.”

What Sabbath decisions have you made and carried out this week?

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## Day 4 - Mark 6:31

### *An Invitation to Rest*

“Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, “Come with Me by yourselves to a quiet place and get some rest.”

When was the last time you deliberately stepped aside to rest in Christ? When will you do it again?

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## Day 5 - Philippians 3:8-9

### *Abandon Everything*

“What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ and be found in Him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ--the righteousness that comes from God and is by faith.”

How does Paul help us realize the importance of recognizing what's left when we abandon everything?

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# WEEKLY MEMORY VERSE

Then He said to them, "The Sabbath was made for man, not man for the Sabbath." Mark 2:27 (NIV)