

# REDEEMING YOUR TIME



## Sermon Outline

### Key verses

*"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. For my yoke is easy and my burden is light."*

Matthew 11:28-30

### To redeem our time we must embrace the God-designed rhythms of rest

#### 1. Daily break

*"Come with me by yourselves to a quiet place and get some rest."*

Mark 6:31b

#### 2. Nightly sleep

*When evening came... Jesus was in the stern, sleeping on a cushion.*

Mark 4:25, 28

#### 3. Weekly sabbath

*There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their work, just as God did from his. Let us, therefore, make every effort to enter that rest.*

Hebrews 4:9-11

## EMBRACE PRODUCTIVE REST

DISCUSSION GUIDE  
JANUARY 28

### Opening Thought

Our culture is non-stop. 24 hour service. Always striving for more. But the way of Jesus reveals God-instituted rhythms of work and rest. The Lord cared so much about this that he mandated a day off for his people in the Old Testament. We are invited to enter into God's rest – for our bodies and our souls.

### Ice breakers

- What is the longest you have ever gone without sleep? What effect did it have?
- What does a perfect day of rest include for you? What does it NOT include?

### Dig Deeper

- Does your family have times to intentionally unplug? When? From what? How do you fill the space?
- "A healthy balance is the 8-8-8 rule. 8 hours of work, 8 hours of recreation, and 8 hours of sleep." Agree or disagree?
- Read Hebrews 4:1-11. Who is the "they" in verse 2? What did they do wrong? (see Numbers 14:7-9) What similarities do you see between them and us? What warnings do you hear in this passage?
- What is the "rest" promised by God?
- What stood out to you from today's sermon?

### Closing

When we don't take time to rest, it reveals our heart attitude. If it all depends on you, then you had better keep working! Entering into Sabbath rest means trusting God. Are you tired? Are you weary? Are you stressed and overwhelmed? Could you use some refreshment? Follow God's prescribed rhythm and you will find rest for your soul.

### For further study

Watch *Entering God's Rest* sermon by John Risner, March 15, 2020 (the first ever MCA online service)