

*becoming*



*vGroup Study*



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Becoming: vGroup Study

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# RESTING TO BECOME

There's no question that we live in a fast-paced society. The world never sleeps. At every moment of every day, someone is awake and active. Jobs are not only from 9:00–5:00, but many come with first, second, and third shifts. Some people work long hours or multiple jobs and then come home to busy personal and family lives. In many professions burnout becomes a problem when people find themselves working too hard for too many hours without ever stopping to rest. Even the most hardworking people have to be able to recharge in order to do their jobs well.

In this week's study, we will see that God himself has emphasized the importance of rest in our lives. When he gave the Law to Moses, he decreed a day of Sabbath and demonstrated its importance himself as he created the heavens and the earth. Looking to God's Word, we will determine what the Sabbath is and why it is important for the Christian.

- Share an example of a time that you felt like you had no time to rest. What happened as a result?
- How would you define Sabbath?
- What does the Sabbath look like in your life?

*<sup>8</sup>Remember the Sabbath day, to keep 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, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup>For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

Exodus 20:8–11

- What does God command the Israelites to do?
- How does this resemble what the Lord did?

- According to this passage, how is the Sabbath described?

It's important to remember the context of this passage, which may be familiar to many. This is one of the Ten Commandments that Moses read to the Israelites after God gave him the Law, which God gave to Israel so that they would know his standards. God told the people that they would labor for six days and complete all their work, but the seventh day is a Sabbath to the Lord. God—who doesn't need rest like we do as humans—reflected the importance of the Sabbath himself in creation, making the heavens and the earth in six days and resting on the seventh. He blessed the Sabbath day and made it holy.

*<sup>12</sup>“Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. <sup>13</sup>Six days you shall labor and do all your work, <sup>14</sup>but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. <sup>15</sup>You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.*

Deuteronomy 5:12–15

- What two reasons are given for having a Sabbath day in this passage?
  
  
  
  
  
  
  
  
  
  
- Why would it be important for the Israelites to remember God bringing them out of slavery in Egypt?

This passage is clearly very similar to what we read in Exodus, but in this passage we see that the Israelites were to keep the Sabbath so that their servants and they themselves could rest. God also said that they were to remember that they were slaves in Egypt and God's mercy in bringing them out. The Sabbath was not only to rest but also to reflect.

*<sup>4</sup>Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Lord is able to make him stand.*

*<sup>5</sup>One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. <sup>6</sup>The one who observes the day, observes it in honor of the Lord. The one who eats, eats in honor of the Lord, since he gives thanks to God, while the one who abstains, abstains in honor of the Lord and gives thanks to God.*

Romans 14:4–6

- What do we learn about the Sabbath from this passage?
  
  
  
  
  
  
  
  
  
  
- How is this different from what we saw in the Old Testament passages?

Now that we have received the New Covenant and are under grace and not the Law, the Sabbath is no longer held as strictly by many Christians. We are free to work and free to rest. Some will esteem the day as better than another, but another esteems all days alike. What is important is that each believer should be fully convinced in his own mind.

However, the principles set forth in the Law still hold true. As believers we need to rest in the Lord, both physically and spiritually. We need to consider what God has done in our lives, just as the Israelites had, and give thanks to him accordingly. In order to become who God wants us to be, we need to learn about what God teaches about the Sabbath and about rest. Even as New Testament believers, we need to be careful to enter God's rest (Hebrews 4:1).

- What are your resistances to Sabbath and/or rest?
  
  
  
  
  
  
  
  
  
  
- What are some ways that you can intentionally make time to reflect on God's grace for you and what he has done in your life?
  
  
  
  
  
  
  
  
  
  
- For many of us Sabbath rest is difficult. We need practical next steps to begin to rest. What are 2–3 things you need to do next to begin practicing Sabbath rest?