

Deuteronomy 5:12-15

Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you.

Six days you shall labour and do all your work, 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 ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do.

Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

Colossians 2.16

¹⁶ So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths. ¹⁷ For these rules are only shadows of the reality yet to come. And Christ himself is that reality.



Mark 11.28-30

Come to me all you who are weary and burdened and I will give you rest.

Stop

Rest

Worship

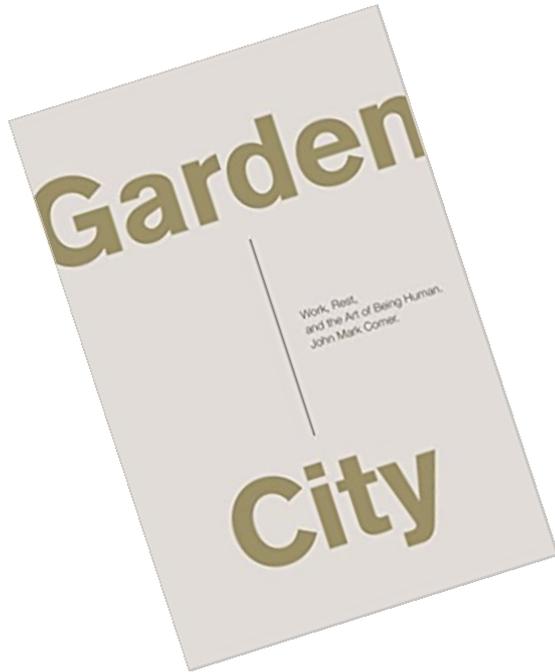
Feast

Probing Questions on Work & Rest. Ask the Holy Spirit to prompt you on one or two of these questions to press into further (perhaps in your 4):

- Do I feel like a human being or a human doing?
- Do I return to work after some time off feeling refreshed?
- Is what I'm doing coming out of my relationship with Jesus?
- Do I have a daily rhythm that includes margin and rest?
- Do I have a weekly rhythm that includes margin and rest?
- Do I have a monthly/seasonal rhythm that includes margin and rest?
- Do I build in time and activities that help me stay sharp?
- Do I build my identity around what I do or achieve?
- Do I take on inappropriate burdens?
- Do I lay inappropriate burdens on others?
- Do I find it easy to say no?

- What am I doing to stay physically fit?
- What am I doing to sharpen my mind?
- What am I doing to keep my vision clear?
- What am I doing to deepen my fellowship with the Father, Jesus and the Spirit?
- Do I have high energy levels?
- Do I seek to gain the approval of others?
- Do I have a sense of achievement?
- Do I hear God saying 'Well done' to me?
- Does my rest prepare me for work?
- Do I feel under constant pressure?
- Am I able to cast my cares on God?
- Am I content when away from work?
- Have I found a personal style of rest that works for me?

Recommended reading



Garden City: Work Rest & The Art of Being Human
By John Mark Comer

His talks are available online here:

<https://practicingtheway.org/>