

Rethinking Rest

June 26, 2022

Reflect + Discuss

- Do you have any nicknames that people call you?
- In what areas of your life do you feel the pressure to be productive most deeply? Do you feel like you know how to rest and recharge?
- Read Exodus 5:1-9. What stands out to you from the text? What questions do you have?
- Read Deuteronomy 5:12-15. What is your initial reaction to this command?
- Why is it important to remember that sabbath (rest) and shalom (wholeness, completeness, peace) go together? In what ways are sabbath and shalom counter-cultural?
- What would it look like for you to live your life with a sabbath and shalom mindset? How can you find space to rest each day? What are some things you can try to make rest a regular rhythm in your life?

Pray

- Ask God to help you slow down and rest in His presence. Pray for the guidance to live your life with a mindset of sabbath and shalom.

Next Steps

- Think about some ways that you can rest and recharge. Here are some ideas to get you started:
 - o Create a space without technology where you can just rest and pray
 - o Journal
 - o Go on a walk, a run, or exercise in some way
 - o Do something outdoors
 - o Find a hobby that doesn't produce anything but your own wellbeing

Look at your list and choose an idea to try out this week. See how it goes and feel free to try new things until you find the best rhythm to help you live with a mindset of sabbath and shalom.

- Make a point of helping someone you know experience rest! This could look like cooking them a meal, watching their kids, running an errand for them, letting them to use your space, etc.
- Check out the current series page on the [Resource & Tools page](#) of the website for some resources for taking your next step!
- Check out this upcoming work and faith event at Upper House on July 27-28. <https://www.upperhouse.org/event/agents-of-transformation/>