



# HELD TOGETHER

1. How can you tell when you have overworked and not had enough rest? Why do you think God rested on the seventh day when he created everything? God thought that rest was so important that he included it in what section of his commands to us? What was the day called in the Old Testament?
2. What are the five reasons people overwork? Which one can you most relate to?
3. What were the five antidotes to being overworked and under rested that Pastor Rick gave? Which ones do you already do and which ones do you need to work on?
4. In the Old Testament, God commanded the Israelites to honor the sabbath. By the time Jesus came, what had the religious leaders made the sabbath into? Read Mark 2:23-28. What was the problem according to the Pharisees? How did Jesus respond and what was his point?
5. How are you doing right now with resting physically, emotionally, and spiritually? What can you do this week to make sure you get rest? What kinds of things cause you to feel rested?
6. What stuck out the most to you in your life from this message?

## Answers

1. Obviously God rested as an example to us, and it was so important that he made it one of the Ten Commandments. In the Old Testament it was called the Sabbath, which was on Saturday for them.
2. The five reasons are: a. Misplaced identity—basing my worth on my work; b. Materialistic indulgences—always wanting more stuff; c. Comparison—envy of wanting to be like others; d. Achievement—putting my achievements at work over relationships; and e. Insecurity—always fearful of not having enough to meet my needs.
3. The five antidotes are: a. Realize my value comes from God; b. Enjoy what I already have; c. Limit my work so I have at least one day of rest; d. Adjust my priorities; and e. Exchange worry for God's perfect peace.
4. By the time Jesus came, the religious leaders of Israel had made the Sabbath into a day of rule-keeping. They had all kinds of rules about work and travelling that God had never given nor intended, it had become a burden. The problem the pharisees had was that by plucking the grain to eat, the disciples had done "work" that was forbidden on the Sabbath. Jesus responded by giving examples of how people in the Old Testament had done exactly the same thing the disciples were doing without violating the Sabbath. He then gave the true meaning of the Sabbath—as a way for people to get rest, not as a way to keep rules to serve God.