

Connect Group notes 4 March 2024

Chris continued the series on Sunday entitled 'Walking in the opposite spirit'. He focused specifically on the area of work and rest.

Chris talked about the fact that our cultural is over committed and under connected – **rest is actually countercultural**, so we walk in the 'opposite spirit' when we rest...

God made us to work *from* our rest, not *rest from* our work...

1. Chris talked about productive rest rather than mindless rest
 - How do we know the difference between good rest and just distraction from our work activities? Is our rest life giving or life draining?
2. We can look to Jesus as our model for rest – see Mark 1:35
 - How do we build rest into our daily rhythms?
 - What kinds of feelings does it bring up when we think about having to be more intentional about rest? Anxiety, relief?
 - How does resting show trust and reliance on God?
 - What do we think about the statement 'rest is a choice?'
 - Do we find it easy to say No to people or events? Why or why not?
3. Eugene Peterson stated that 'Nothing less than the force of a commandment has the power to make us stop'.
 - Why has God commanded us to take a day of rest each week?
 - What are some things that make it difficult for us to prioritise this?
 - What do we think about the fact that as we embrace Sabbath, we will experience the ability and grace to do what we need to do well in the remainder of the week?
 - Rest is a form of worship; how could we use those 'spare' minutes in our day to rest in God, practice His presence and find strength to continue on with our tasks?