

“Rhythms of Resilience”:
A Biblical & Practical Theology of Rest
Sermon Notes

➤ **Faithful and fruitful gospel ministry over the long haul is fueled by rhythms of resilience - in other words...rest**

**Rest is...*

1. ...the goal of God’s very good creation (Genesis 2:1-25)

2. ...at the root of our outrageous rebellion (Isaiah 30:15)

3. ...the gift of Christ’s blood-bought redemption (Hebrews 4:1-16; Matthew 11:28-30)

4. ...the heart of the Spirit’s personal and cosmic restoration (Romans 8:18-25; Revelation 14:11-13; 21:17)

Practical Application...

- ➔ Divert daily (Isaiah 50:4)

- ➔ Withdraw weekly (Mark 2:27-28; Colossians 2:16-17)

- ➔ Abandon annually (Mark 6:31)

MEFC Community Group Study Guide

For the Week of April 24th - 30th

Getting Started

1. What do you like to do for recreation? How often do you find that you get to do it these days? Please take some time to share with the group, giving an opportunity for everyone to contribute.

Digging Deeper

2. Isn't it fascinating that our term *recreation* has the word *recreate* built within it? Clearly, then, our recreation isn't simply about our own amusement or entertainment but also our restoration, renewal, renovation. How does this work? Why do some activities have a way of replenishing rather than wrecking us?

Open Your Bible to Genesis 2:1-3...

3. The first two appearances of the word "rest" in the entire Bible are found in this passage. Trusting that our omnipotent¹, immutable², eternal triune God wasn't exhausted upon the completion of his creation of the universe...what does the text mean when it says that God "*rested* on the seventh day from all his work that he had done." Psalm 121:4 reminds us that God "neither slumber[s] nor sleep[s]." So, what precisely is happening here?
4. The remainder of Genesis 2:4-25 is incredibly instructive for us as it relates to this theme. As God entered into his rest in Genesis 2:1-3, so Adam and Eve and all creation were at rest in Genesis 2 as well. If we understand "rest" to refer to peace, harmony, and perfect relationships, in what ways does this chapter bring that across? How are God and humanity at rest with one another? How are human beings at rest with one another? How are human beings at rest with the created order around them? What must this have been like? Do you long for this? Explain.
5. Now, contrast Genesis 3:1-24 with Genesis 2:1-25. What clear markers are there in chapter 3 to indicate that the "rest" of creation (man, woman, the created order) has been utterly undone? What evidence do you see in the world around (and within) you that we, too, live "east of Eden" (Genesis 3:24)? See also, Isaiah 30:15. Can you identify with God's words to his people in this verse? Explain.
6. In God's extraordinary mercy and grace through the gospel, he has made a way for us to once more enter into his rest. Walk carefully through Hebrews 4:1-16. The word for

¹ All powerful.

² Unchangeable.

“rest” appears 10 times in these 16 verses. Can you locate all ten occurrences? What’s happening here in this passage? Through careful consideration of the **context** as well as patient **observation** of the author’s words, what is the **meaning** of this portion of Scripture for its original recipients? What is the **application** for us today?

7. Turn to Matthew 11:28-30. To whom does Jesus issue his appeal in verse 28? What does he promise them (v.28)? As a part of his invitation, what does he entreat them to do in verse 29? How could taking another person’s yoke ever be restful? According to Jesus in vv.29-30 what is unique about him and his yoke? Have you experienced what Jesus is talking about here? If you’re familiar with what he’s describing, share with the group what this has been like for you.

8. Do you remember the practical application section of the sermon? Here it is again:
 - Divert daily (Isaiah 50:4)
 - Withdraw weekly (Mark 2:27-28; Colossians 2:16-17)
 - Abandon annually (Mark 6:31)

Which of these rhythms of resilience has personally been particularly important for you? Are you in need of a mid-course correction in any specific area? If so, which one(s)? By God’s grace, the sake of your long-term spiritual health, what specific steps do you plan to take to address it?