



Throughout the series we will have discussion handouts to help bring dialogue about this topic in your households and amongst those you are close with. Today’s message focuses on how we were created for patterns of work and rest.

DISCUSSION QUESTIONS



“Our devices never rest. And if we’re not careful. They will reshape our use of time into an always-on, 24/7 life.” — *Andy Crouch*

- 1 What devices take up most of your time?
- 2 If you disengaged from your devices one hour per day, one day per week and one week per year, how would you use that time?
- 3 What was the original design for work and rest?
- 4 Compare these two groupings of words and consider: How are they similar? How are they different?

TOIL & WORK		REST & LEISURE	
Similarities	Differences	Similarities	Differences
⋮		⋮	

- 5 Read Exodus 20:8-11. Reflect on what ways you can plan for joyful rest.
- 6 If you distract yourself from boredom, what do you prevent from happening?

DIGGING DEEPER



Read Genesis 1:24-2:3 then watch this video from Old Testament theologian John Walton.

<https://www.youtube.com/watch?v=o26Ad-WdjOw>



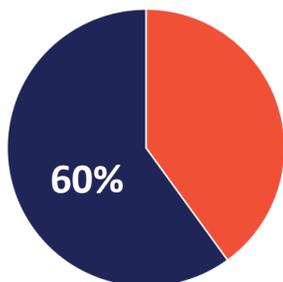
- 1 Have you ever encountered this understanding of rest before?
- 2 How does this help to inform our understanding of Sabbath and what it means to rest?

U.S. PARENTS SAY ON A TYPICAL WEEKNIGHT THEIR CHILDREN SPEND THEIR TIME...

64% watching television or movies

42% playing video games

27% on social media or texting friend



3/5 (60%) of U.S. Adults never take a break from social media – 11 percent do for parts of the day and 5 percent one day a week.



“What would it look like if one day a week, things were really different in your home? Devices and all the ways they connect us to significance and self

provision were turned off, and instead you had this day where you planned to enjoy, to do things that, for the whole family are the most fun, the most restorative, the most genuinely restful—and where there might even be time for mom and dad to get in a nap. That's the kind of days that we built our Sundays around.” — *Andy Crouch*