

# TABLETS



## Antidote to Busy and Hectic Lives

Tablets in Your Home | Part 4

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**Burnout is when your soul can no longer bear the weight of your life. -Dave Lomas**

Genesis 2:2-3; Exodus 20:8; Mark 2:27-28;  
Hebrews 4:8-9

Sabbath = to \_\_\_\_\_, to Stop, to Cease.

The biblical concept of sabbath is: The commitment to regularly rest in God's presence and authority by trusting in His provision.

Exodus 33:14; Matthew 11:28-29



1. Rest requires \_\_\_\_\_.

(Exodus 20:8)

God's rest is something we are to \_\_\_\_\_.

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**2. Rest results in \_\_\_\_\_.**

(Deuteronomy 5:14-15)

God's rest is something we \_\_\_\_\_.

God's rest is something that will \_\_\_\_\_ faith.



## Small Group Questions

1. Do you get enough rest? Why or why not?
2. Do you think our culture values rest? Why or why not?
3. If you were going to take a day off for rest, what would you do?

*READ EXODUS 20:8-11*

4. Compare and contrast verse 9 and verse 10. How do these commands help you better understand verse 8?
5. Why do you think God commanded His people to rest one day each week?
6. Does God still expect His followers to obey His command to rest on the Sabbath?

*READ HEBREWS 3:18-19, 4:8-13*

7. Why did the Israelites fail to enter God's rest? What does the failure to believe in God's promises have to do with our inability to rest today?
8. Is the rest that God promises spiritual, physical, or emotional? Where do we find this rest?
9. What changes do you need to make to "make every effort to enter that rest" (v. 11)?
10. What does your ability to rest communicate to your oikos, your family, and those outside your family?

