

HOME GROUP

Leader Guide



THE REASON FOR REST

MAY 17, 2015



SHARE THE VISION (<10 minutes)

As you start your group time, please be sure to discuss the following important topics listed below. This is key to keeping OneLifers informed.

SAVE THE DATE – VOLUNTEER POOL PARTY

Save the NEW date, OneLife Vols! The annual Volunteer Pool Party will be held June 28 (not the previous date of June 21)! Not a volunteer yet but don't want to miss the fun? Come to Test Drive on June 7. Visit www.onelifeknox.com/volunteer for more details or mark it on your connection card on Sunday Morning.

GET TO KNOW ONELIFE LUNCH

Are you new to OneLife, and want to know more about how OneLife started and where we are headed? Sign up for the Get To Know OneLife lunch after the second service on the following dates: Powell – June 7th; Halls – June 14th. Mark "Get To Know OneLife" on your connection card.

NIGHT OF WORSHIP IS COMING!

One of the best times we have as a church is Night of Worship. The next one is this Wednesday night at 6:30pm at our Powell location, and it is going to be unlike any other we've done before! Don't miss this highly interactive time of extended worship, communion, and prayer as we use this night to kick off our summer and make some exciting announcements about this summer at OneLife. Childcare is provided for birth through 5th grade, so bring the whole family! But come early to get a good seat!

KEY SCRIPTURES FOR THE WEEK:

LUKE 10:38-42 (NLT)

³⁸ As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. ³⁹ Her sister, Mary, sat at the Lord's feet, listening to what he taught. ⁴⁰ But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me."

⁴¹ But the Lord said to her, "My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her

DISCUSSION QUESTIONS FROM HANDOUT (35 Minutes)

Jog Your Memory:

Bottom Line: Keeping the Sabbath reminds me that I am not God.

- Our chaotic culture leads us to burn the candle at both ends and become depleted over time.
- Pretty soon, we stop hearing from God and feel far from Him.
- Keeping the Sabbath isn't rest for no reason, it's an intentional rest focused on hearing from God.
- Organize your schedule for who you want to become, not what you want to get done.
- When you are rested, you feel your best, you pray your best prayers, you hear from the Holy Spirit more clearly and your life changes – therefore, your life makes a greater impact

1. **Share a time when you had guests in your home unannounced or on very short notice. Is your house always ready for guests or would it take you two months to get it together? Are you and your family the type who loves to have guests or more private and would rather visit someone else's home, why? What's the most important thing you get right when hosting guests, why?**

First of all, thank you for hosting your home group this semester! You have consistently opened your home to people (hopefully not unannounced). That means you have a rich deposit of stories from hosting people and why you love to do so! Pull from that to share as an example!

This question piggy backs off of Mary and Martha's experience that was introduced during the sermon. Try to find out what kind of personalities are in the group. When people have guests, are they busybodies like Martha, always trying to meet everyone's needs, or are they the kind of people who sit down and chill with their guests – maybe even burning what's in the oven because they got too relaxed?

2. **The sermon introduced the idea of Sabbath. Read Exodus 20:8-11. What is the basic idea of the Sabbath? What day does the Bible say the Sabbath should be kept? What kinds of things can you do on the Sabbath? In what ways does keeping the Sabbath help us experience Jesus? What happens to us when we don't have Sabbath, why do you think so? How exactly does the Sabbath remind us that we're not God?**

This question might touch on several areas. First, the idea of Sabbath was programmed right into creation itself – work six days, rest for one. However, people throughout history have made the idea of Sabbath a religious discipline that tries to restrict when and how you are “supposed” to observe the Sabbath. If the conversation goes this direction, check out Mark 2:23 where Jesus teaches that the Sabbath is to meet our needs, not for us to live up to this “religious requirement.” How have some people in your group experienced a religious version of this principle? How does Jesus’ statement in this verse change things for them?

Second, the discussion on Sabbath should end up at Jesus at some point. When we keep the Sabbath, we are admitting that we’re not God! It’s a very similar principle to tithing... It’s like saying, “I am going to accomplish A, B, and C with my life and I’m going to use 100% of my time, attention and efforts to do it!” That sounds GREAT, except Jesus has another plan... It sounds like “I’m also going to accomplish A, B, and C with my life, but I’m not going to use 100% of my time, attention and efforts. Instead, I’m going to REST and TRUST God that he’ll provide for my needs while I’m not tending to my work!” Exodus 20 tells us that there is a blessing for us when we remember to keep the Sabbath! What do the people in your group think the blessing is? How does the blessing really work? It can’t be *just* that we’re rested and have margin; the blessing is that we get to experience Jesus and become more like him!

3. Burning the candle at both ends can leave us feeling pretty depleted! What types of things wear you out the most, why? How do you typically know when you’re depleted – do you tend to isolate yourself, work even harder, get lazy or something else? What types of activities are streams of replenishment for you, why?

On the surface, this question is about things that burn our energy, and things that replenish our energy. But, have the group think about what kind of person they become when their energy and spiritual buckets are depleted. You’re probably not as good at noticing the Holy Spirit in your life. You’re also probably not as good of a husband/wife, or friend to other people when you’re depleted. So, have the group think deeper about this. How are streams of replenishment (reading, gardening, boating, hiking, dinner with friends, *even mowing the lawn!*) spiritual in nature? In other words, how can/does God use these activities to call us closer to him? And, then this begs the question, how do we do these activities selfishly sometimes? How do we make sure that a Sabbath day is intentional to give God the glory and not for our own pure pleasure? *There is a balance to discover here! ENJOY YOUR DISCUSSION!*

Rick Warren, author and pastor, says “Divert Daily (whatever relaxes), Withdraw Weekly (a Sabbath), and Abandon Annually (Disconnect

Completely).”

- 4. What do you think would be the biggest thing to change if you began to rest regularly in a way that honors God? How do you think Sabbath will play a role in you living on mission the other six days a week? How will this Sabbath principle will change how you lead and care for others at work – especially if you have people that work under you?**

This last question leaves the group brainstorming ways that we can make this more than a one-time discussion at a home group! How will we be intentional to find the God-given balance for our lives, and who else is counting on us to do that?

Get the people in your group fired up about getting this right, and land the plane by getting some encouragement happening across the circle!

END YOUR TIME PRAYING TOGETHER (10 Minutes)