

# Weekly Discussion Guide – 9-1-2024

## “Holy Work and Holy Rest”

Genesis 1:28; 2:1-3

1. What is the most meaningful gift you have ever received, and why does it hold such significance for you?
2. If “work” is that which we do to be productive, what kind of work do you participate in? If “rest” is delight, how do you rest?
3. Read Exodus 20:8-11 and Deuteronomy 5:12-15. What do you learn about holy rest from these passages?
4. What does the concept of “holy work” mean to you? Can you think of a specific task or responsibility in your life that you could approach with a sense of working with and for God?
5. Read Mark 2:23-3:6. Why do you think the Pharisees had this response? What does Jesus’s response teach you about holy rest and holy work?
6. Why is it important to work with and for God (holy work)? Why is it important to delight with and in God (holy rest)?
7. What are some obstacles you face in trying to live out the ideas of holy work and holy rest?
8. In what ways is God inviting you to be more intentional about both holy work and holy rest?