

# DEEP SIX STUDY

October 10<sup>th</sup>, 2021

## *The Story Project – “The Rest That Resists Hurry”*

**MESSAGE HIGHLIGHTS** (You can view the full message on Facebook or at [live.capecodchurch.com/live](https://live.capecodchurch.com/live))

**Opening:** As The Story Project series has shown us repeatedly, God wants to give us the gift of a full, abundant life. It turns out that part of that gift is a surprising element: *rest*. Real, restorative rest. That’s something we ALL need, and something that Jesus explicitly promises to those who choose to trust him.

### **1. The Problem of the Finish Line** (Genesis 1:28 NIV; Genesis 1:31-2:3 NIV)

- We all tend to be over-busy and over-stressed; in fact, many of us wear our busyness as badge of pride – if I’m “really busy” it must mean I’m doing, creating, achieving...and popular, too. But if we’re honest with ourselves, what we badly need (crave) is some real, restorative rest.
- “Work” wasn’t a result of the Fall; from the beginning, God’s plan and instruction for humans included work. We were to “fill the earth and subdue it,” working and cultivating to realize the earth’s good potential using the tools and resources God had created for us.
- The word translated “subdue” is the Hebrew word “*kabash*,” where we get our English word “kibosh” – to finish something, settle it, “get ‘er done.” Many of us live lives of “kiboshing.” The problem: there’s no finish line, because we don’t know how or when to STOP “kiboshing.”
- But the creation narrative doesn’t end with “kiboshing.” *Kabash* is good, but it’s not the finish line. If we keep reading, we see that God rested as the culminating act of creation. In doing so, he gave us a principle to follow – an intentional break from *kabash* – a beautiful finish line.

### **2. The Gift of Rest** (Matthew 11:28-30; Matthew 12:8)

- God offers us a great gift – the gift of rest. That’s what Sabbath is all about: a place and time where we can reject *hurry* and enjoy God’s gift of rest. Setting aside times of rest – of *not striving* – rejects the lie that “hurry works.”
- In Matthew 11, Jesus famously offers true rest to those who will follow him. Interestingly, he spoke this (“Come to me...and I will give you rest”) on the Jewish Sabbath – and then went around showing that Sabbath is not about following rules – it’s about enjoying his presence.
- To get there – to get to true Sabbath rest – we must do two things: *stop* and *listen*. First, we have to stop “kiboshing” (striving to achieve), then we must come into Jesus’ presence and listen as he reassures us that we can “stop kiboshing...I’ve got this.”
- “Sabbath rest” comes best as a 24-hour period each week, but it should also come in larger chunks where we stop “kiboshing” for a week or more. And it should definitely come *daily* in regular “quiet time” with God and his Word; connecting with him daily in an intentional way allows us to see him at work in our lives. These are all sacred times that reject hurry.
- Rest isn’t just physical, it’s emotional – and ultimately, *spiritual*. Real rest is only found in Jesus – the Lord of the Sabbath, the Lord of rest. Come to him, all who are weary and heavy-laden...

## ADDITIONAL SCRIPTURE

*These passages may provide additional insights related to the subject of this week's message. Verses from NLT unless otherwise noted.*

Psalm 23:1-2; Psalm 46:10 (NASB); Psalm 127:2; Mark 2:27; Mark 6:30-32; John 15:4-5; Hebrews 4:1-11

Video of the Week: [Sabbath](#) by the Bible Project

## QUESTIONS FOR REFLECTION AND DISCUSSION

1. On scale of 1-10, how much do you need some rest right now? Explain your answer.
2. Assuming that you didn't answer "10" above, what keeps you from enjoying real rest when you need it?
3. A fairly common "biblical" view is that having to work (for our food/livelihood) was part of the curse of the Fall – but a careful reading of Genesis 1 tells us that human work was part of God's original (pre-Fall) plan. How would you describe what "work" would look like if we hadn't made the choice to sin (and perhaps what it *should* look like for followers of Jesus today)?
4. Read Genesis 2:2 again. If someone unfamiliar with "The Story" asked you, how would you explain what God's "seventh day rest" was all about? Was God just worn out from all that creating?
5. What would it look like if you were to observe a true Sabbath each week? What would fill your 24 hours of "rest"? How and when might you be able to pull that off??
6. Someone who doesn't trust Jesus could argue, "I can stop and rest all on my own – I don't need anything "spiritual" to do that. What might you say to help them see that "real rest is only found in Jesus"?