

# EXODUS

## Week 35: Good Work and Good Rest

Memory Verse:

19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Matthew 28:19-20

### 1) CATCH UP ON LIFE

*This is when we update each other on the day in and day out happenings of our lives. Because God is our Father we are family.*

Celebrate the wins - where have you seen Jesus working in the last week (shaping you to be more like Himself or working in the lives of those that He's put around you)?

What (if any) big life updates do you need to catch us up on (positive or negative)? Are there any practical needs you have right now?

Pray: Take every opportunity to pray and thank God for the good He's doing in our lives, and ask for help and healing anywhere there is pain.

### 2) REVIEW THE MISSION

*Through the empowerment of the Holy Spirit we have been sent as missionaries in everyday life to display God's glory and lead others to repentance and faith.*

Who is one person that you are currently building a relationship that doesn't know Jesus? What is one thing you can do to continue to develop this relationship this week?

### 3) DISCUSS AND ENGAGE

*Since we follow Jesus we seek to apply the Gospel continually to all of life. God uses His Word to reveal Himself to us, to equip us to live the good life He's designed for us, to show us our sin, and to strengthen us as we follow Him. We preach the Word on Sundays and apply it as a Group throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25).*

Are you more likely to view work as a “necessary evil” that helps you live the life you want or as the core of how you know your identity and place in the world?

Are you more likely to drift into over valuing work or into over valuing rest and recreation?

#### Read Exodus 31

What do you see in this text that adds meaning to work?

What do you see in this text that adds meaning to rest?

How does the fact that God is the one who empowers us with abilities and skills create the opportunity for work to be a form of worship?

We said on Sunday that competent work is one of the best ways to love our neighbors. What is one way you can seek to grow in competence in order to better serve others?

How does the gospel impact our approach to work as either 1) a “necessary evil” that helps you live the life you want or 2) the core of how you know your identity and place in the world?