

**Exodus 20:8-11**

How do you build Sabbath (God's design of rest) into your days, weeks, months, and seasons?

How would you like to improve this?

**Philippians 3:4-9**

**Ephesians 2:8-10**

What difference will all you work, or all your play, really make? What is of true value and how do you put it first in your life?

**Space for Your Sermon Notes:**



ST PAUL'S Sarisbury Green  
Sunday 20th April 2008  
LifeShapes  
Living Life in God's Rhythm

**Space for Your Sermon Notes:**

**Key Passages:**

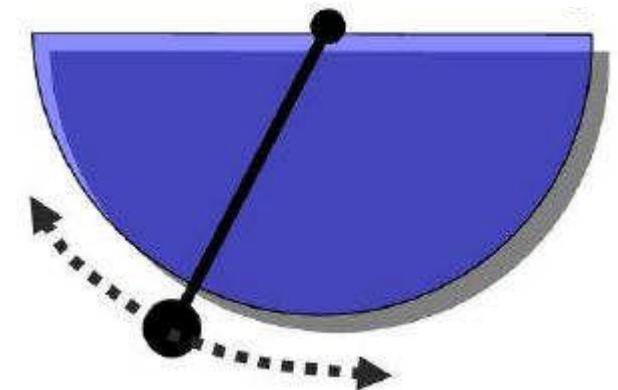
**Genesis 1—2**

**Exodus 20**

**Matthew 11: 25-30**

**WORK**

**REST**



## Going Deeper

Consider these questions from the book A Passionate Life :

- Do you regularly work six or seven days a week?
- Do you regularly work ten or more hours a day?
- Do you often work through lunch?
- Do you take work on your holiday?
- Do you answer work-related email or voice mail after you get home at night? On the weekend?
- Have you ever cancelled a holiday because you had too much work to do?
- Do you think through work activities while eating with your family?
- Do you talk about your work more than your family while on a date with your spouse?

**Write down all of the activities you participate in each week . Should you be doing more, less, or is it just right?**

If “less,” which activities do you like best and least. How could you scale back now or in the next season? What would happen?

If “more,” what would you like to do? How would it benefit you? Do you have the time and energy for it?

Where does God fit into your schedule? You can fit in more time for God just by remembering to talk to him throughout your day.

**What is ‘Work’ for you?**

**What is ‘Rest’ for you?**

**Galatians 5:1**  
**1 Thessalonians 4:11-12**

Look over the questions listed above. How does this impact your life? How does it impact your family?

**Genesis 2:2, 15**

**Mark 1:35-39**

Which side of the pendulum do you struggle to keep in balance – work or rest?

**Mark 6:30-32**

“Come with me by yourselves to a quiet place and get some rest.” If you were one of the disciples, what would you expect from this statement from Jesus?