



Sabbath Rest

Video Notes

Discussion Questions

1. What stood out the most to you in this video?

2. In a fast-paced world of business, how do you ensure that your work does not infringe upon the biblical principle of resting and observing a Sabbath? Read Mark 2:27 and comment on what this means to you.

3. Rick and Jordan talked about the problems that occur if you work more than 55 hours a week. In your life, what has work and rest looked like for you? Read Exodus 20:8-10 and discuss as a group the importance of how a Sabbath can be good for your goals and souls.

4. Matthew 11:28 (NIV) - "Come to me, all you who are weary and burdened, and I will give you rest." As a leader, how do you encourage your team to embrace the concept of Sabbath rest, considering the demands of the business world? If not, how could you introduce this concept to them?

5. Jordan states that companies that give their employees rest have lower turnover, burnout and is better for recruitment. How is your company or others practicing a Sabbath or rest for their employees? What have you read, heard, or noticed about these types of companies?

6. In the pursuit of success, how do you balance the biblical principle of resting on the Sabbath with the responsibilities of leading and growing a business? Proverbs 3:5-6 (NIV) - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." What does this look like for you?

Application

7. Take out a piece of paper and list some items you would like to do, if you had 24 hours where you had nothing to do. Make sure you include your family in this list. Finally consider setting time aside for you and or your family for 1 month to see how you feel about it.

Going Deeper

This section is an extension of the above material and is designed for a deeper study/ devotion on your own. Read the scripture below and take time to journal and put this content into practice to help shape your culture at work.

8. Hebrews 4:9-10 (NIV) - "There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Think about the relevance of Sabbath rest in the specific context of your work. How can this biblical concept be applied specifically to your life and your family?"

9. Psalm 127:2 (NIV) - "In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves." In the context of your business and leadership, how does the concept of Sabbath rest contribute to the development of a holistic and sustainable approach to your work, life, and faith? What needs to change for you to integrate Sabbath rest into your schedule?
