



Week 2

MARCH 16 | REST

## 24/6 | Week 2 : Rest

### GATHER

As you begin, **pray** together.

**Read** God's Holy word.

Exodus 16:1-30 (NIV)

---

### An Invitation to Rest

*Do you ever feel like you are a part of a whole community grumbling? Or maybe you are the one that people are grumbling against? Either way, dissatisfaction in life is real. Further, many of us hold expectations of being able to fix our “problems.” In American culture, we can plan, execute, solve, and sway our challenges and difficulties into submission—or so we think. But, what we learn from this Exodus story is a deeper truth about trust. The Israelites (like us) need to relinquish their control and trust God to provide for them. The Israelites (like us) need to stop and rest in God and His promises and provision.*

---

### EQUIP

Take a group pause and then consider the questions together.

**“However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them.” -Exodus 16:20 (NIV)**

- Whom do you relate most to in this passage? The Israelites or Moses? Why?

- Can you reflect on a time when you, like the Israelites, tried to take care of every detail and it didn't go how you anticipated?
- What can we learn from the Israelites behavior? And Moses' response?

**“Then the Lord said to Moses, ‘How long will you refuse to keep my commands and my instructions? Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out.’ So the people rested on the seventh day.” - Exodus 16:28-30 (NIV)**

- What prompted the people's grumbling in this story?
- How is Israel being tested in this story?
- Do you regard Sabbath as a gift or a requirement? Explain.
- How can you let God take care of you this week?
- What does rest look like in your life right now?
- In what areas of your life is God asking you to trust Him more?
- How can you decide appropriate limits for your work and rest?

## ENGAGE

**Consider these next steps for the week ahead.** Share with your group next week how these practices helped or hindered your understanding of Sabbath.

- “There is no formation without repetition.” -John Mark Comer. Consider practicing something from last week again this week.
- Evaluate the current patterns in your life. Do they allow you time to stop thinking about work? Consider setting some limits in your work life or in your thought life to intentionally clear your mind of thoughts related to your vocation.
- Shift your thinking this week by thinking of and preparing for the Sabbath all week long. Take note of how it changes your understanding of the other six days as you anticipate that day of rest.

### Pray Together

*God, thank you for your provision both for the Israelites and for us. Help us to trust you more and rest in You alone, knowing that You alone offer us rest that no one else can. As we continue to ponder and reflect on the Sabbath, may Sabbath be on our minds for the other six days this week.*