

Text: Gen 2:1-3

Title: Work, Rest and Play

Preacher: Mr Kevin Ang

Series: Shining Like Stars

[For Group Leaders: The following serves only as a guide. Please feel free to adapt according to the needs of your group.]

1. SERMON RECAP

(Visit pmc.org.sg to listen to the sermon and download a copy of the Powerpoint slides)

- a. We need rest because it is a gift that is ordained by God, reminds us of His centrality in our lives and part of the work-life rhythm that God has instituted for us.
- b. We rest by worshipping God (corporate + personal), recharging physically, serving others and limiting ‘unnecessary’ connectivity.
- c. We can play through cultivating healthy relationships, enjoying nature/arts/music, stewarding our bodies and developing our minds and imagination.
- d. When we honour God by keeping a day of rest, He will honour us (1 Sam 2:30) in His own way/time. It is also our testimony to pre-believers about the God who loves us.

2. LIVE IT OUT

- a. Mr Kevin Ang gave some helpful tips for finding rest. Which of the below do you most identify with?
 - i. *Find contentment in our work.*
 - ii. *Trust God and stop chasing that next KPI*
 - iii. *Don’t choose a career that offers no rest time*
 - iv. *Hang out with people who role model what it means to keep the Sabbath*
 - v. *Remember that at work, we may be replaceable, but to someone at home, we are not.*
- b. Which of the following activities help us to find “quality rest”? Share with your group.
 - vi. *Socialising & cultivating relationships*
 - vii. *Enjoying nature*
 - viii. *Enjoying art & music*
 - ix. *Stewarding our physical bodies (i.e. exercising)*
 - x. *Developing our minds & imagination*

- c. *Consider*: Does your Sabbath help you to be a blessing when you return to your workplace the following week?
- d. One of the ways we “Shine like Stars” is by showing the people around us (including those who work for us) that we serve a God who both works and rests. As group, list ways we can live out the Sabbath principles. E.g.
- Honoring our helper on her off day
 - Stop emailing our staff on weekends
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- Commit to doing one of the above in the coming week.

3. **PRAY**

- a. Reflection: *When was the last time I ...*
- i. *Stopped what I was working on to spend some quiet moments with God?*
 - ii. *Intentionally made time to retreat & reflect on my life?*
 - iii. *Switched off my mobile device so that I could devote myself fully to family time?*
 - iv. *Felt God's pleasure after I did something?*
- b. Pray for group members who might be struggling in their work or workplace (esp. on the issue of Rest). Ask them to share, and pray for them specifically.

4. **GOING DEEPER**

- a. In the light of today's sermon on 'Rest' being mandated by God, how do we live with the following situations?
- *Bogged down with lots of works & doing overtime everyday*
 - *Constantly facing unrealistic deadlines*
- What are practical steps we can take to live out the Sabbath, and yet fulfill our obligations to submit to earthly authorities?
- b. In the Old Testament, Sabbath-breakers were punishable by death (see Exodus 31:14, Numbers 15:32), Why was the Sabbath such a serious issue to God? Discuss.
