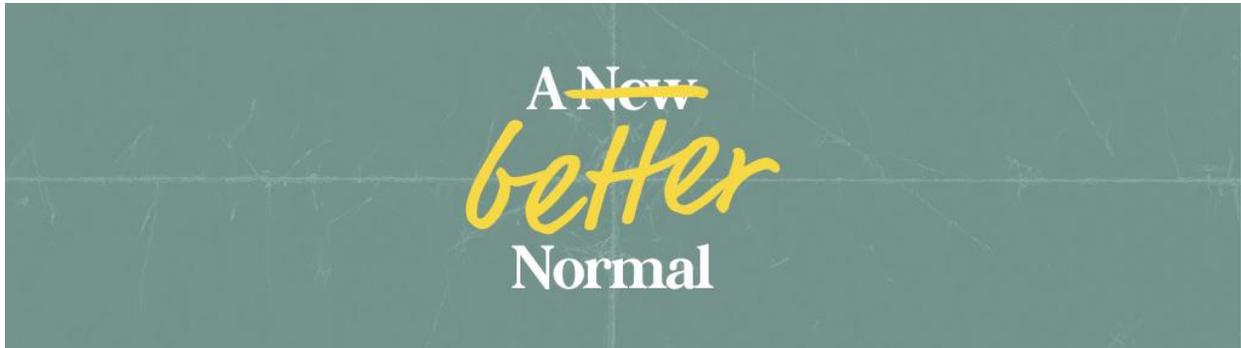




#3 – A New Better Normal
Pastor Shawn Peterson
[FoothillsBibleChurch.org/sermons](https://foothillsbiblechurch.org/sermons)



April 25, 2021 Leisure and Vacation

What does the Bible say about work?
Work hard, to work meaningfully and to glorify God

What does the Bible say about Rest and Sabbath?
1 – Daily rest is good

¹ Unless the Lord builds the house,
those who build it labor in vain.
Unless the Lord watches over the city,
the watchman stays awake in vain.
² It is in vain that you rise up early and go late to rest,
eating the bread of anxious toil;
for he gives to his beloved sleep.

John Piper
“God made sleep as a continual reminder that we should not be anxious but should rest in him like a little baby.”



What else does the Bible say about Rest and Sabbath?

2 – Weekly rest is good

Genesis 2:3

So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Exodus 16:22-26

²²On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, ²³he said to them, “This is what the Lord has commanded: ‘Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.’” ²⁴So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it. ²⁵Moses said, “Eat it today, for today is a Sabbath to the Lord; today you will not find it in the field. ²⁶Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none.”

What else does the Bible say about Rest and Sabbath?

3 – Periodic rest and remembrance is good

Leviticus 23 – 7 feasts

Ray Stedman

The feasts of Israel were not mere holidays to be observed on the nearest Monday in order to provide a long weekend. Each was a symbolic occasion or season designed to teach a truth which God wants to impart to his people.

What else does the Bible say about Rest and Sabbath?

4 – Every 7th year rest is good

Exodus 23:10-11a

¹⁰“For six years you shall sow your land and gather in its yield, ¹¹but the seventh year you shall let it rest and lie fallow ...

What else does the Bible say about Rest and Sabbath?

5 – Every 50th year rest is good



Leviticus 25:10-11

¹⁰And you shall consecrate the fiftieth year and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you, when each of you shall return to his property and each of you shall return to his clan. ¹¹That fiftieth year shall be a jubilee for you; in it you shall neither sow nor reap what grows of itself nor gather the grapes from the undressed vines.

Why did God design so much rest into the rhythm of life?

STOP from their **normal work** so they could **Remember life is about God, not them**

Did Jesus expand rest and Sabbath?

Matthew 11:28-29

²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

labor and heavy laden chiefly refers to a sense of sin's burden and the need of a Savior. James Montgomery Boice

Jesus literally becomes Sabbath rest to you

Mark 2:23-28

²³One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. ²⁴And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?"

²⁷And he said to them, "The Sabbath was made for man, not man for the Sabbath. ²⁸So the Son of Man is lord even of the Sabbath."

Hebrews 4:9-10

⁹So then, there remains a Sabbath rest for the people of God, ¹⁰for whoever has entered God's rest has also rested from his works as God did from his.

How do we wisely apply this to leisure and vacation?

1 - Great Leisure and Vacation ...

Is regular and long enough that you are forced to be reminded that you are not as important as you think you are

2 - Great Leisure and Vacation ...

Involves remembering God's presence in your life

3 - Great Leisure and Vacation ...

Involves activities that charges your batteries



Growth Group Questions

New Better Leisure

FoothillsBibleChurch.org/growth-groups

Big Idea: God designed leisure and rest into the rhythm of life.

Goal: Stimulate a Biblical approach to leisure and vacation

Prepare

This week we are diving into leisure and vacation asking God to stimulate a Biblical approach to leisure and vacation in our lives. The personal preparation time and discussion are meant to help us flesh out what we have learned through the sermon and apply it more thoroughly in our lives together.

Watch Pastor Shawn's sermon, New Better Leisure and Vacation, noting anything memorable and impactful as you go. You can take notes in the FBC app if you would like.

Read Exodus 20:8-11, Matthew 11:28-29, Mark 2:23-28

Memorize and Recite Together: 1 Corinthians 10:31 "So, whether you eat or drink, or whatever you do, do all to the glory of God."

Pray "Father, help us become people who, whether we eat or drink, or whatever we do, we do all to the glory of God."

Connect

1. Describe the best vacation you have ever had or your dream vacation.

Discussion Take some time to personally reflect on these questions after viewing the sermon and before your G2. It could make for a great morning devotional time! You can type and save your responses in the FBC app privately if you would like.

1. How did this sermon challenge your approach to leisure and vacationing and what do you plan to do differently because of it?
2. Evaluate the American culture's view of work and rest. Is being busy positive or negative?
3. How does a Biblical view of work inform the biblical view of leisure and vice versa?



4. Describe your work/life balance. Is it satisfying? Energizing? Fulfilling? God-honoring?
 - a. Whether you err on the side of overwork or fixating on rest, what is driving it?

5. **Read Exodus 20:8-11.** What charges your batteries and how does (or could) it be made holy by pointing you to God's glory?

6. Reflect on what is good about your work, what you are proud of in it, and how it glorifies God as an exercise of remembering God's goodness in your work to bring you rest.
 - a. How will you be more intentional about continuing with these reflections to help your rest?

7. How do you best connect with and remember God's goodness and beauty through your rest and vacation?
 - a. How do you trust the time away from work and responsibility in itself instead of the One who gave it to you?

 - b. How would you practically like to see this shift and what steps can you take to get there?



Closing Prayer This prayer section is a guide to help you process with God what you have learned about Him and yourself through the sermon, personal preparation time, and discussion, then seek the Holy Spirit's power in applying it in your life. Sharing these responses in your G2 will help others gain insight into God and themselves while also helping and encouraging one another toward growth.

1. **Admire:** Praise God for creating, demonstrating, and providing the gift of rest.
2. **Admit:** Confess ways you violate the principle of Sabbath rest and/or make it an idol.
3. **Aspire:** Pray as a group, "Father, help us become people who, whether we eat or drink, or whatever we do, we do all to the glory of God."
4. **Ask:** Keep track of requests and celebrations from others in your G2 and pray for them.

