

STUDY GUIDE F O R SERVING CHRIST IN THE WORKPLACE

Chapter Ten: the Rest Areas

Groundwork

Read Chapter Ten.

How would you describe the difference between what this chapter calls "body weariness" and "soul weariness"?

Jeremiah 6:16. "This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'"

Why, according to Jeremiah 6:16, did the ancient Israelites miss out on the rest for their souls?

Matthew 11:28-29. "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

As you consider physical rest and soul rest, what would you like to ask about or share as you meet with your group?

1. _____ (p. ____)
2. _____ (p. ____)
3. _____ (p. ____)

Groupwork

From the book (p. 107): "God's six-to-one work-rest ratio has been written into the order of things."

In what specific, practical ways have you incorporated God's "six-to-one work-rest ratio" into your own lifestyle?

After reading this chapter, do you see any need for changes in your own patterns of work and rest?

"...if we really intend to submit our bodies as living sacrifices to God, our first step well might be to start getting enough sleep."

Dallas Willard,
Renovation of the Heart
(p. 175).

Have you (or anyone you have known) ever felt guilty about sleeping, thinking it a waste of God-given time? If so, tell how that idea has affected you and how you currently think about sleep.

Joshua 11:23; 14:15. "Then the land had rest from war."

The book of Joshua contrasts war with *rest*. So we might describe the war within—the war with Satan, sin and our own desires—as *unrest*. Give some personal examples of the unrest caused by your own war within.

From the book (p. 108):
"Our daily work is one thing; it can tire us. But far more exhausting is the work of fighting sin in our own strength."

What are some of the clues that let you know you have been fighting sin in your own strength?



Review pp. 109-110. If someone asked you to summarize God's alternative to fighting sin in our own strength, how would you explain the New Testament way to win the war and find rest?

Matthew 11:29. "...learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

P. 110 includes this question: "What does humility have to do with rest?" How would you answer?

In what forms do temptations to climb the success ladder present themselves in your work environment?

II Peter 1:4. "...he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires."

Name some examples of God's promises you can claim when work tempts you to "realize your potential" or to "fulfill yourself"?

Read Daniel 6:1-9.

What workplace temptations do Daniel's co-workers illustrate by their behavior?

As you consider Daniel's co-workers, what similar temptations have you seen in your own workplace?

From the book (p. 115): "The whole gamut of ways in which the nonclerical person gets the message, 'You're just a layman,' can produce unrest."

Have you ever experienced unrest coming from being taught to think of yourself as "just a layperson"? If so, describe the unrest it has caused.

From the book (p. 116), read the last full paragraph.

This paragraph touches on some of the signs that accompany God's gift of rest. What other signs might you be able to add from your own experience of his rest?

Heartwork

Read Jeremiah 45:1-5.

How does God's word to Baruch speak to your own situation?

To what degree are you experiencing God's rest?
