



Men's Roundtable: A Man & His Work

Session 6: Rest

Rest = _____

Rest Defined

1. Cessation
2. No production
3. No cultivation
4. No creation
5. Not carrying weight

The Importance of Rhythm

Daily

Weekly

Monthly

Annually

Macro/Seasonal

Reasons We Don't Rest

When I cease/rest I feel _____ (I have become what I do – I cannot simply be).

When I cease/rest I feel _____ and _____.

- I don't really know God and find myself in Him –or– my relationship with Him is so shallow that I cannot find comfort in Him.

*Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world.*

– Psalm 46:10

- I don't have deep relationship with others outside of work.

When I cease/rest I become increasingly _____.

Which might reveal...

Pride – “I’m so important that if I don’t pay attention, the world will fall apart.”

And all of you, serve each other in humility, for

*“God opposes the proud
but favors to the humble.”*

*So humble yourselves under the mighty power of God, and at the right time he
will lift you up in honor. Give all your worries and cares to God, for he cares about
you.*

– 1 Peter 5:5b-7

Unbelief – “God is either inept or unfaithful.”

*God is our refuge and strength,
always ready to help in times of trouble.
So we will not fear when earthquakes come
and the mountains crumble into the sea.
Let the oceans roar and foam.
Let the mountains tremble as the waters surge!*

– Psalm 46:1-3

Greed — “I might miss an opportunity to maximize my wealth, prestige, or influence.”

If I don't rest I will inevitably fall into escape and ultimately addiction.

How to Solve It

I. Pray and work for a change of heart

Self-examination: Discern the condition of your relationship with God — Psalm 46 (cease and know that I am God) and begin to learn to be with Him.

Spiritual Disciplines: Discern the condition of your relationship with God — Psalm 46 (cease and know that I am God) and begin to learn to be with Him.

- Worship (focused — concentrated — intentional — public & private)
- Prayer (confessing need and sin — crying out to God — entrusting cares to Him)
- Scripture reading/meditation
- Community
- Service
- Preaching to yourself instead of listening to yourself (taking every thought captive)

³ We are human, but we don't wage war as humans do. ⁴ We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. ⁵ We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

— 2 Corinthians 10:3-5

2. Change the behaviors (immediately)

- Work on a schedule
- Daily rest (sleep) – work to sleep
- Weekly ceasing
- Periodic rest

Discussion Questions

1. In this season of your life, what are the circumstances that tempt you to not obey God by resting (daily, weekly, periodically)?
2. Are there ways in which your work environment is particularly hostile to obeying God in this area? What are the difficulties you are likely to face applying this teaching in your workplace?
3. Which of the sinful motivations (pride, unbelief, or greed) have the greatest hold on your heart? What do you need to do about it? What truth do you need to preach to yourself?
4. Name 2 concrete steps that you need to take to obey God by resting.