



Rest and Sloth

Lust, Gluttony, Greed, Envy, Wrath, Pride and Sloth

Sin: everything outside of God's Design, Desire, Plan

All work, no rest = Sin

All rest, no work = Sin

How do we end up apathetic?

- Entertainment
- Convenience
- Because we can...

What does the Bible say?

Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good. Titus 2:14

Zealous for Good Works

Why Work?

- Don't work for yourself – greed
- Don't work to get other's stuff – envy
- Work for GOD - Colossians 3:23-24

Give God 100% of your heart.

Let God have say over 100% of your life.

Work like you are working for God 85% of the time!

Rest is Commanded **- Work is** Expected rest every 7th day

Feel Zeal! Passion!

Zeal is Ideal - Discipline is Daily



ENCOUNTER QUESTIONS

Spiritual Growth Small Groups at Emmanuel Reformed Church

Review the sermon, what were the key points?

Consider **Titus 3:14** What questions did it raise for you?

What felt most important to you?

When have you felt the most zeal in your life?

What is the difference between “manufactured” zeal, and passion and zeal that come out naturally?

Think more about apathy in our society. What do you think causes it? In what ways is it spiritual in nature?

How is it overcome in our lives? Consider **Romans 12:9-13**

While there is apathy in our society, there is also a great deal of busyness and many people who work at an ungodly level. Do you find it hard to rest? Why or why not?

Why do you think we often feel more guilty for overworking than under-resting? What does rest mean to you?

Jesus got in trouble for working on the Sabbath. One of his responses is found in **Mark 2:27-26**, another in **Matt. 12:1-12**. How does this integrate with the idea of not resting being sin? What is a godly balance on the narrow way?

Prayer

Heavenly Father, thank you for giving us the example and pattern of holy rest. I pray that I may find rest for my soul in Jesus Christ, and maintain a life of both zeal and rest, as I walk a life of faith in you. Thank you for the grace you extend me as I find the narrow way that shapes who I am in Christ. Amen.