



# Ordinary Faithfulness

*steady Christian living in the normal pressures of life*

1 - Faithfulness Starts Small

2 - Hearing God Daily

3 – Praying Anyway

4- Killing Sin Early

5 - Staying Teachable

6 - Showing Up

8 - Grace in Conflict

9 - Waiting With Hope

10 - Finishing Well

## 7 – Resting Regularly

*God gives rest as a gift of trust, so believers must learn to receive their limits under His care*

### EMBARK

*Rest can feel harder than work. We may know we need it, but slowing down often exposes how much we are trying to carry, prove, control, or finish on our own. Scripture does not treat human limits as failure. God made us dependent creatures, and regular rest reminds us that He is God and we are not.*



1. Why do people often struggle to rest without guilt, distraction, or anxiety?

### EXAMINE

#### READ Psalm 127:1–2

2. What kinds of labor are described in this passage?
3. Why is anxious labor ultimately empty without the Lord?
4. What does it mean that God “gives sleep to the one he loves”?

#### READ Mark 6:30–32

5. What had the apostles been doing before Jesus called them away?
6. What does Jesus’ invitation teach us about human limits?
7. Why is it important to notice that rest was needed even after good ministry?

#### READ Matthew 11:28–30

8. Who does Jesus invite to come to Him?
9. What kind of rest does Jesus promise?
10. How does taking Christ’s yoke differ from carrying life in our own strength?

## EXPOSE

We often neglect rest because the heart confuses faithfulness with constant activity.

- **We treat limits as obstacles instead of reminders**  
*Our limits remind us that we are dependent on God, not self-sufficient.*
- **We confuse busyness with fruitfulness**  
*A full schedule is not the same thing as faithful obedience.*
- **We rest as escape instead of renewal**  
*Rest can become distraction rather than a way to receive God's care.*
- **We carry burdens Christ invites us to bring to Him**  
*Anxious striving often reveals that we are trying to bear what belongs in His hands.*

### Diagnostic questions:

- Where am I confusing busyness with faithfulness?
- What do my patterns of rest reveal about what I trust?
- Am I receiving rest as a gift, or using it mainly as escape?
- What burden do I need to bring honestly to Christ?

## ENGAGE

*Discuss these matters with your table and summarize your findings to share with the group.*

### Step 1: Identify

What are some common reasons people resist regular rest?

### Step 2: Reflect

What do our patterns of busyness often reveal about our hearts?

### Step 3: Apply

What is one place where you need to receive your limits more honestly?

### Step 4: Encourage

How can believers help one another practice faithful work and faithful rest?

## MEMORIZE

**Psalm 127:2 (CSB)** “In vain you get up early and stay up late, working hard to have enough food—yes, he gives sleep to the one he loves.”



### THIS WEEK:

#### Choose one concrete step

- *set aside one block of time for undistracted rest*
- *turn off one source of noise or distraction for a set period*
- *pray honestly about one burden you have been carrying*
- *practice ending a day by entrusting unfinished work to God*