

## Lesson 3

### Sabbath and the Rest of God

#### REFLECTION GUIDE

#### Welcome

As you watch the lesson, take notes on key themes, ideas, and questions that stand out to you. Pause the video when needed to reflect, jot down insights, or revisit an important section. Stay attentive to how the content connects with both your personal faith journey and issues that matter to your community.

#### Questions

- Why do you think the notion of God needing and taking rest is rarely talked about in sermons, Sunday School lessons, or other church settings?
- In both Genesis 2 and Luke 5, we see that God rests, even though God's work in the world is not complete. In what ways is it hard for you to rest in the midst of on-going work and responsibilities? What would be the benefit of learning how to do so?
- Describe your reaction to the adage, "If you love what you do, you'll never work a day in your life." What would you affirm and/or how might you see things differently?
- What about who you are tends to fade when you are at your busiest? What parts of your personality don't get activated and which of your virtues begin to disappear?
- What would be some of the benefits of thinking of holiness as a characteristic of time, not just of place/space?
- Jewish theologian Abraham Heschel describes the sabbath as a "sanctuary in time." What might you need a sanctuary from in your present life that the sabbath could provide?