



## FREEDOM TO FLOURISH

**BIG IDEA:** We are called to not just be “Christians” (i.e. people who believe in God) but to be fully committed, fruitful disciples of Jesus. We have been set free by God to live lives that bring Him glory, bring us our greatest fulfilment and show the world what life really is.



## Week 2 – Work and rest

**Big idea: the importance of getting the right rhythm of work and rest to flourish as a Christian.**

### FORMING CONNECTIONS

In your faith journey, can you name any practices or disciplines that have helped you remain connected to God? If so, share one or two of them with the group.

Share a time when have you felt especially close to God – was there a specific reason or outcome?

### BIBLE STUDY

#### 1. WORK

Work is a good thing – a gift from God. The bible is quite outspoken about the importance of work.

**READ Proverbs 12:14, 24, 2 Thess 3:10**

What is the purpose of work? (Achievement, satisfaction, necessity etc)

When does work become a problem for us? Have you an example from your life?

People tend to equate flourishing with hard work i.e. the more you work, the better things will be.

**READ: John 6:1-15 & 7:1-14**

What were the views of Jesus' brothers about how to succeed?

How instead did Jesus see success?

#### 2. REST

Look up some verses in the bible that talk about REST.

**Gen 2:2-3, Exodus 20:8-10, Exodus 33:14, Psalm 62:1, Matt 11:28-30; Mark 6:31**

Why did Jesus need to go and spend time by himself?

Why do we need rest? What type of rest do we need?

### PERSONAL REFLECTION



What issue do you sense God is raising with you to today in light of these passages?

### NEXT STEPS

Discuss some of the things you could do to get the correct rhythm of work and rest?

Is the Sabbath still important for us and, if so, how could we recover it?

### ACTION

For the coming week, make some notes on the amount of time you spent on various aspects of your life. What was your balance between things you think should be priorities and those that shouldn't?

If you are working, be conscious this week of how much time you spend on work versus rest versus other things.

Then spend some time asking God to show you what your priorities ought to be.

**FUN TASK:** Ask one of your group to Google [freedomtoflourishcoaching.org.au](http://freedomtoflourishcoaching.org.au) and to summarise what it says.