

# Leading from Rest




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How do most believers  
you know view rest or  
the Sabbath?



**Rest is an essential gift from God so that our leadership does not become an idol, and so that we can lead from a healthy soul.**



# Two Aspects of Rest

a. Attitude

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- ii. Illustration: Sight & Sound Theater
- iii. Scripture
  1. Exodus 20:8-11
  2. Deuteronomy 5:12-15

# Two Aspects of Rest

b. Action

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  - i. Hebrews 4:1-16

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2. **Rest** (nap, activities that replenish you, relaxation)
3. **Delight** (what brings you joy and delight?)
4. **Contemplate** (make it a holy or “set-apart” day, not just a day of entertainment)

# Reflection Questions

## (Table Discussion)

- a. What do you believe is God's attitude toward you when you are resting?
- b. What thought or practice is your biggest barrier to practicing sabbath rest weekly?
- c. What one step can you take toward getting healthy rest?

