

Bible Study 10th February 2021

Link to Bible Project website with audio and video links

<https://bibleproject.com/church-at-home/gift-of-rest/>

Read and Discuss

Video Question

What image stood out to you in the video and why?

Message Question

How did Tim's message challenge or encourage you today?

Read: Leviticus 25:1 - 23

The ancient practices of Sabbath and Jubilee remind us that we are dependent on God for everything. All that we do and everything that we have is a gift from God. When we forget this, our relationships and our environments suffer. God calls his people to rest and remember that his provision is more than enough.

Feel free to reflect on all the questions or simply a few right now. You can also reflect throughout the week by focusing on one question per day.

Question 1:

Take three deep breaths. While you inhale and exhale, reflect on God and your reliance on him. What was that like for you?

Question 2:

Review verses 18-19. What was God's purpose for these Sabbath laws? Consider some of the ways observing these laws would have brought about that purpose.

Question 3:

Review verses 20-21. What did God promise to provide for Israel? What does God's purpose and provision reveal about his attitude and intentions toward his people?

Question 4:

The promised land belongs to God (see vs. 23). How do you think these Sabbath laws would have helped the people understand that they were stewards of the land and not owners?

Question 5:

How might intentional rhythms of rest help you understand your role as a steward instead of an owner? What practices do you want to add, change, or continue in order to remember your reliance on God?

Question 6:

Read **Matthew 11:28-30**. In this passage, what does Jesus call the weary to do and why?

Question 7:

Turn your reflections into a prayer. Reflect on the gentle and humble character of Jesus. Thank him for who he is and what he's already given. Tell him what's weighing on you and ask him for his provision. As you pray, remember he cares for you and wants you to experience his rest. He hears you.