PERMISSION TO STOP

Permission to Stop
The Basics of Sabbath & Rest
Scripture: Exodus 20:8-11; Hebrews 4:9-11

But God doesn't treat rest as a leftover. He _____ it.

- Sabbath is one of the Ten _____ - the same list as "do not steal" and "do not murder."
- God rested on the seventh day, not because He was _____, but to set a _____ for us to follow.
- Rest isn't about _____. It's about _____.
- You are not defined by your _____. You belong to _____, not to your productivity.
- "There remains, then, a _____-_____ for the people of God." — Hebrews 4:9
- Resting from our works means we stop trying to _____ our worth.
- Jesus already did the _____.
- True rest reconnects you with _____, with _____, and with your own _____ and mind.
- Sabbath doesn't mean the cows don't get fed. It means you stop the _____ repair that could've waited until tomorrow.
- "Come to me, all you who are _____ and _____, and I will give you _____." - Matthew 11:28

You have permission to stop.

This Week

Where do I need to stop trying to earn my worth?

_____

What is one thing I can decline or delay to protect rest?

_____

When will I actually plan my rest this week?

_____

TALK IT OVER

1**. REST IS A COMMAND, NOT A REWARD**

Read Exodus 20:8-11.

God built rest into creation and put it on the same list as the other Ten Commandments. It was never meant to be something you earn after the work is done.

- What does your current schedule say about what you believe rest is worth?
- Why do we treat rest like a prize instead of a gift?

2. **REST IS AN INVITATION IN CHRIST**

Read Hebrews 4:9-11.

Weekly rest points to a deeper rest: you don't have to prove yourself to God through your performance, because Jesus already did the work.

- Do you ever feel like you have to earn a break? Where do you think that comes from?
- What would change if you really believed your worth isn't based on how much you get done?

3. **REAL REST TAKES PLANNING**

Read Exodus 16:22-26 and Luke 14:5.

God planned the work around the rest, and Jesus made clear that caring for animals and real emergencies is never a violation of Sabbath.

- What's the difference between "doing nothing" on your phone and actually resting?
- What could wait one day this week? What truly can't?

COME TO ME

"Come to me, all you who are weary and burdened, and I will give you rest... For my yoke is easy and my burden is light."

— Matthew 11:28-29

Jesus doesn't just give us a rule about rest. He personally invites us to it.

- What would it look like for you to practice a weekly rhythm of rest?
- Who could you rest with, or trade off chores with, so everyone gets a real break?