

Event: Life Group

Audience: (Insert life group(s) name)

Ministry Date: (Insert date of life group)

Purpose: Material facilitation for Life Group

Prepared & Released: Pastor David Yong, Jan 2021

Material briefing: None required

LESSON TITLE : *The Restful Race*

INTRODUCTION:

Purpose of lesson:

Rest is a requisite in the Race of life.

Application:

1. Focus
2. Favour
3. Freedom

Take home:

Rest is found in God alone

MAIN SCRIPTURE:

Exodus 33:14 (NIV)

The Lord replied, "My Presence will go with you, and I will give you rest."

ELABORATION FROM SCRIPTURE:

- 1) The 'rest' here is not associated with sleep or being in a state of relaxation. Rather an assurance of God's peace, providence, promises and presence.
- 2) Moses kept giving his best serving God and the people of Israel, however it was wearing him out. He was exhausted. He had reached his breaking points.
- 3) He was asking for God's providence. For God to provide help, favour and a way forward.
- 4) Not too long before this, God had asked Moses to remind the Israelites of the Sabbath and what that meant for them (Exodus 31:12-17). Observing the Sabbath was part of the Ten Commandments (Exodus 20:1-17) and was something instituted by God right from the beginning (Genesis 2:2-3).

'Sabbath' in Hebrew means "to rest or cease from work." Historically for the Hebrews Sabbath is observed on Saturday the seventh day. They were to set aside this seventh day as belonging to God. Sunday then is the 1st day of work. Significantly Jesus was crucified on Friday. 'Rested' on Saturday. Arose on Sunday bringing greater significance to the first day of 'new beginnings.'

Principally to us it is also so – that we set it aside to honour God, and it reminds us of another important fact of our faith that an eternal rest is to come with a new 'Exodus' to the new heavens new earth, our eternal resting place through the new covenant in Jesus' finished work on the cross.

5) Moses had a relationship with God envious to many. The Bible records that *'The Lord would speak to Moses face to face, as a man speaks with his friend...'* (Exodus 33:11) Yet Moses was still human and had limitations once he reached his thresholds/limit.

6) Moses required a lot of focus to lead, he sought favour from God in very difficult situations and he ultimately wanted to keep going beyond his limitations in freedom. All this through the help of God.

DISCUSSION:

REQUIRED STARTING QUESTIONS:

1) What has been some of our worries, concerns, restlessness, anxieties, confusion this past year?

**Assist members to keep it brief. Other questions will deepen sharing gradually.

2) Let's be real for a moment, how many of us have felt/is feeling like Moses - totally worn out, exhausted and at our breaking point?

**be mindful if any may be emotionally overwhelmed. Avoid responding with

'I understand' or 'I know how you feel.' Rather 'I hear you' or 'MmmHmm' or 'Tell me more.'

OPTIONAL QUESTIONS: Pick according to age group/suitability of hearers

1) When we think of rest, what's our definition of rest?

2) Everyone have different ways to chill, catch their breath and cope. What's your go to/your best way?

3) The Bible says 'Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.' (Proverbs 3:5-6)

Share a moment when you - were at a dead end, couldn't understand the situation yet chose to trust God and saw how God brought a breakthrough.

**To honor the privacy of those sharing ask the group to keep what's shared in confidence.

4) On the keeping your Sabbath - What boundaries, margins or perimeters have you establish to guard that day of rest to honour the Lord?

**Sabbath is beyond just 'attending' Sunday Service. It is in the posture of our hearts.

5) No matter how Moses felt, he chose to continually seek and honour God.

How have you seen yourself grow in your walk with God during these few challenging months?

REQUIRED ENDING QUESTIONS & APPLICATION:

(More reflective and responsive - leading to prayer)

****Highly encouraged to ask members to have a piece of paper to write down the following answers that can be intentional prayer goals for themselves this year.**

1) From our take home statement '**Rest is found in God alone.**'

What areas of our lives do we need to re-Focus to God to weed out distractions?

2) The Bible says "Not by might, nor by power, but by my Spirit," says the Lord Almighty.'

(Zechariah 4:6) What a specific areas in our lives we need God's Favour?

3) Like Moses we may feel completely overwhelmed, yet we desire to keep moving forward.

What areas of our lives do we need complete Freedom from the help of God?

CONCLUSION:

RECAP - Purpose of lesson: The Restful Race

Rest is a requisite in the Race of life.

RECAP – Key verse

Exodus 33:14 (NIV)

The Lord replied, "My Presence will go with you, and I will give you rest."

RECAP - Application:

1. Focus
2. Favour
3. Freedom

RECAP - Take home:

Rest is found in God alone

ENDING:

Conclude in prayer : lesson's emphasis, needs of LG members, church, community and country.

Prepared by,
Ps David Yong