



A THEOLOGY OF FUN, JOY, & REST

MARK 6:30-32

Message Reflection Guide

If you want to live longer, take a vacation! Forty years after a study of middle-aged, male executives who each had a risk of heart disease, researchers in Helsinki, Finland, followed up with their study participants. The scientists discovered something they hadn't been looking for in their original findings: the death rate was lower among those who had taken time off for vacations.

Work is a necessary part of life—a part God appointed to us even before our relationship with Him was fractured in Genesis 3. Solomon wrote of the seeming meaninglessness of work experienced by those not working for God's honor—recognizing its “anxious striving” and “grief and pain” Remember that God is part of our labor—our purpose—we can both work hard and take time to rest. We can trust Him to be our Provider, for He's the giver of all things. Solomon acknowledges that “without him, who can eat or find enjoyment?”. Perhaps by reminding ourselves of that truth, we can work diligently for Him and also allow ourselves times of rest. – **Kirsten Holmberg**

CONVERSATION STARTER

What is your favorite food at Thanksgiving?

GETTING INTO THE SCRIPTURES – Read Mark 6:30-32

On Sunday Pastor Jason and Cory emphasized Sabbath being a time of fun, joy and rest.

SABBATH TRANSFORMS FUN John 2:1-11 What is it that you like to do for fun? How can you celebrate the goodness and character of God while doing that activity?

SABBATH FEEDS SPIRITUAL JOY Romans 15:13 We all have a “joy tank”. Does yours feel full, empty or in between? What do you believe is the cause of that? How has God given you joy recently? What is the difference between emotional joy and spiritual joy?

SABBATH PROVIDES SPIRITUAL REST Psalm 63:1-8 This passage talks about our soul “thirsting” for God. In what ways do you try to satisfy your thirst with earthly things? How do you celebrate Sabbath in a way that satisfies or quenches your thirst for God?

CHALLENGE

More than relaxing, Sabbath is designed to provide spiritual rest and connection with our creator. How much of your Sabbath includes a spiritual component? Are there any spiritual disciplines or practices that you have been neglecting? How can the Holy Spirit help you to truly rest and feed your soul during Sabbath?