



Chill Shut Down Discussion Guide

Have you ever seen a truck over its weight limit? A mom trying to make into the doctor's office, juggling a backpack and three kids? Maybe a business executive running through the airport, trying to make the plane? It looks different for each of us, but a lack of margin feels like there will never be enough time to take care of everything on our plates. God says to trust Him with the seventh day rest. Let's learn what that looks like together.

Jump Start

1. Would you say you are chronically late? If you always arrive early, would you say you have some level of anxiety about being late?

2. We have too much: too many commitments, too much responsibility, too much debt. We have too much information, too much connectivity, and too many choices. **Read [Genesis 2:2 and Exodus 20:8-11](#)**. Why would God want you to have margin in your life? How do you know the principle of the seventh day rest is important to Him? What is the hardest part about truly having a Sabbath? What would a Sabbath day look like for you and your family?

3. The Bible tells us in 1 Corinthians 10:11 (ESV), "*Now these things happened to them as an example, but they were written down for our instruction,*" speaking of the stories of the children of Israel and the prophets. With that in mind, look at the story of the manna more closely.
 - a. [Exodus 16:2-5](#) – What was the situation and how did God say He was going to use it?
 - b. [Exodus 16:12](#) – By His provision for them, what would they learn?
 - c. [Exodus 16:16, 19, 20](#) – What should they have done daily? Not done?
 - d. [Exodus 16:22-26](#) – What was the special provision for the Sabbath (seventh day) rest?
 - e. [Exodus 16:27](#) – Why didn't some obey? What happened?
 - f. [Exodus 16:28-30](#) – How does this apply in your life? Are you coming up with plenty of margin, time, provision and energy? Or are you coming up short and empty-handed?

4. Read [Mark 2:23-38](#) and [Luke 4:16](#). Do you feel Jesus abided by the letter of the Law or the spirit of the Law? Did He commit sin? Is He approving and supportive of the Sabbath/seventh day rest or not? What does He clearly say in Mark?
5. Final Thought: [Matthew 11:28-30](#). What are some of the promises that stand out in this verse? What things do we have to do in order to receive these promises? Some Bible versions say heavy-laden; what does this mean? Do you feel heavy-laden? Burdened? Stressed? What does it look like to “take my yoke upon you”?

Deeper

6. Read [Hebrews 4:4-11](#). What is the connection we see between rest and obedience? What is the difference between entering God’s rest and receiving God’s rest? What is the “special rest” Paul is talking about? What labors in your life do you need a rest from? What labors are in your life for Jesus? How does this passage scare us? How does this passage encourage us?
7. Re-read [Hebrews 4:8](#). Also, check out [Psalms 95:6-11](#), which is referenced in the Hebrews passage.
 - a. What rest did Joshua provide for Israel? In what ways was that rest fulfilling? In what ways was it incomplete? How does the rest Joshua provided for the people parallel the rest God provides us here on earth?
 - b. Why was God so frustrated with the Jewish people? When he says, “They will never enter my place of rest,” what does that mean?
 - c. Have you missed out on the blessing of entering a God’s place of rest by being disobedient, lacking faith, or even turning away from God? How so?