



## THE BIG IDEA

**You will experience rest when you realize that your worth is not based on your performance.**

## WHY DO WE NEED TO KNOW IT?

**The burden of proving ourselves is causing us to work ourselves to death. We don't rest because we are afraid of what we will lose if we do.**

## WHAT ARE WE GOING TO DO ABOUT IT?

**Pick 12 hours a week to step completely away from your obligations to others, and do something that you truly delight in. Make that a consistent pattern in your life.**

## START HERE

This series is all about the spiritual rhythms that Christians need to practice to connect with God, and grow in faith. We will be covering a number of topics, and we want our entire church to be a part of the conversation. If you missed the message on Sunday, you can catch up [here](#).

## CONVERSATION GUIDE

This week's message was geared towards helping us understand what we can learn from the rhythm of rest. Here are some key concepts to explore with the group.

### Americans work too much

- Compared to other countries, Americans work longer, Americans are more likely to work nights, and Americans are more likely to work weekends
- 4 in 10 Americans leave vacation days unused
- 2/3 of respondents to the US Travel Association survey said their manager gave negative, mixed or no messages about taking paid time off
- nearly 1 in 4 U.S. workers have no vacation or paid time off; 4 in 10 do not earn paid sick days
- Of 23 countries, US leads most of the world in share of mothers who are working at 75% and share of overworked employees (more than 50 hours a week)
- At least 134 countries have laws setting the maximum length of the work week; the US does not

## ADDITIONAL RESOURCES

- Book: *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*. - [BUY](#)
- Forefront Blog- [READ](#)
- Article: *American work obsession outweighs family values* [READ](#)

## UPCOMING EVENTS

### November 19th

- Singles Cooking Class- [RSVP](#)

### NOVEMBER 21st

- Serve at the Fathers Heart- [RSVP](#)

### NOVEMBER 25th

- Happy Hour at Ted's Corner Tavern at 6:30 PM- 523 3rd Ave New York, NY, 10016 United States

- International Labor Organisation (ILO) reports that Americans work 137 more hours per year than Japanese workers, 260 more hours per year than UK workers, and 499 more hours per year than French workers

- In the US, there is no federal law requiring paid sick days

- US is the only industrialized country in the world that has no legally mandated annual leave

- At Amazon, normal work week is 80-85 hours

- **"I was so addicted to wanting to be successful there. For those of us who went to work there, it was like a drug that we could get self-worth from."** - Dina Vaccari worked on projects from corporate gift cards to sales of scientific supplies, 2008 to 2014

### Why do you think we are so afraid of rest?

What do you think drives our need to succeed, perform, and exceed expectations? .

### What makes the "yoke" of Jesus easy to carry? Why is it light in comparison to others?

Talk about why following Jesus is "good news." In Matthew 11:28-30 Jesus tells his disciples that they can find rest in him. What about Jesus provides rest?

## BENEDICTION

In closing, pray this prayer together, from Seeking God's Face,

Everlasting God, through Christ's resurrection you guarantee life restored, sharing your glory, victory, and righteousness. Inject my everyday living with that bright hope, lifting my heart, giving fresh legs for weary days, and steadying a sometimes woozy and wobbly faith.

In Jesus' name, amen.