

# Thanksgiving Rest

## Thanksgiving Rest

### Key idea:

God created us with a need for rest, which the curse and our culture have magnified, and we should use Thanksgiving as a chance to receive God's gift of rest.

### Key text:

Genesis 1:31-2:3

<sup>31</sup> God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

1 Thus the heavens and the earth were completed in all their vast array.

<sup>2</sup> By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. <sup>3</sup> Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

### Key points:

1. Rest is essential to our well-being and flourishing as human beings, designed by God from creation.
2. Our need for rest is intensified due to the fall and our cultural tendencies.
3. True rest comes from drawing near to Jesus and finding peace in His presence.
4. Gratitude is an antidote to a restless spirit and helps us find contentment.
5. Discussion Questions:
6. Why do you think God included rest in His creation design? How does this challenge our cultural views on work and productivity?
7. The sermon mentioned three reasons we need rest: creation, the fall, and our culture. Which of these resonates most with you and why?
8. Reflect on the quote: "You have made us for yourself and our hearts are restless until they find rest in you." How have you experienced this truth in your life?
9. In what areas of your life (physical, emotional, material, mental, relational) do you find it most difficult to rest? Why do you think that is?

10. How can practicing gratitude help combat a restless spirit? Share an example from your own life.
11. The sermon challenged us to resist the "Black Friday greed." How can we cultivate contentment during a season that often promotes materialism?

### **Practical Applications:**

1. Choose one area (physical, emotional, material, mental, or relational) where you need rest. Commit to intentionally resting in that area this week and share your experience with the group next time.
2. Start a daily gratitude practice. Each day, write down three things you're thankful for, focusing especially on the area where you struggle to find rest.
3. Plan a "mini-Sabbath" during the upcoming week. Set aside a few hours to cease from work, worry, and planning. Instead, focus on enjoying God's presence and His good gifts.
4. If you're married, commit to daily expressing gratitude for your spouse to God. If single, choose a close relationship and do the same.
5. As a group, brainstorm ways to celebrate Thanksgiving that emphasize rest and gratitude rather than stress and consumption.
6. Memorize Matthew 11:28-30 as a reminder of Jesus' invitation to rest in Him.