

The Gospel Project for Adults, Summer 2014  
Extended Instructional Approaches for Session 5

**Introduction: *Engage the group by stimulating their thinking.***

Write the following quote on the white board: “People who refuse to rest on the Sabbath or reject genuine sabbatical living are those who trust in their own strength rather than God’s grace.” [Leonard Doohan, *Leisure: A Spiritual Need* (Notre Dame: Ave Maria, 1990), 46.]

Have your students spend five minutes discussing the concepts in the quote. Ask them to comment. Discussion should focus on the spiritual aspects of rest and why God gave the Fourth Commandment. The goal is to get them to see that neither work nor rest is complete in itself; they each take meaning from the other. Also, by not resting, we are not fully trusting God.

**Part 1: *Help your group members see the motivation behind the Commandment.***

Have you ever looked at the beauty of God’s creation? In our pragmatic society, we tend to put the spotlight on utilitarian concepts and often miss the sheer beauty of God’s creative hand. God did not have to create a world filled with beauty, colors, and symmetry. He could have created a dull, bland, functional world without variety and beauty. At the heart of God’s creation is extravagance and gratuitous beauty that goes far beyond the need for survival.

To help your group members see this, ask them the following: “Why did God create such a vast variety of flowers and sea life? Many of these flowers exist in fields that nobody uses. Most of the sea life lives in depths that make it unseeable to the human eye.” The goal is for your group members to begin to contemplate that God’s work involved making things that exist simply to please Him and to allow us to see His handiwork. You might refer them to Psalm 19:1-2 for further insight. God wants us to notice and glorify Him when we see such things. That is hard to do if we are constantly working and not taking time to refocus.

### **Part 3: *Engage through a moment of conviction.***

Ask your group members to consider the following question: “When is the last time you took time to remember God’s work of creation and redemption on your weekly Sabbath?” Be willing to share a personal illustration, either positive or negative, with the group. Being vulnerable will create a culture of trust and openness for others to share.

### **Conclusion: *Challenge for application.***

“Don’t just work, sit there,” is a phrase from that world-famous philosopher Anonymous. In our fast-paced, task-oriented society, the concept of rest has been left behind. Ask your group members to spend a few minutes in prayer with God thanking Him for His work of creation and redemption *and* for His provision of rest. Then have them confess, if necessary, their sinfulness in not obeying God’s command to rest weekly and focus on Him. Have them meditate on Psalm 46:10 this week as well.

### **Teaching Tip of the Week**

One of the ways to help participants understand new material or challenging concepts is to provide them with one or more analogies/word pictures that aid them in making the connection between something they are familiar with and something with they are not familiar with. Examine the following passages to get a glimpse of how the Master Teacher did it: Matthew 4:19; 9:9-17; John 10:1-10. In your teaching, look for comparisons and examples from daily life to really help your group members “get” the material.