

EQUIPPED TO WIN EPISODE 2: LOVE GOD

SUMMARY STATEMENT:

Our love for God results in action. A healthy relationship with God begins with living from God's love, not working for God's love. Trusting with big faith, resting on the Sabbath, and our worship are other practical ways we love God.

CONNECT

Describe your perfect day of rest. What are a couple of things you will definitely do and will not do?

PROTECT

Pray for your group to rest like God did on the Sabbathand toworship Him without holding back. Ask God to shape you intoSpirit-filled leaderswith lives marked by big faith.

GROW

- 1. What did you find helpful from the video?
- 2. How do you define living from God's love versus living for God's love?
- 3. Read Genesis 3:1-7 and 3:21-24. Adam and Eve believed lies about God. How did these lies keep them from experiencing real rest? What gets in the way of you practicing the Sabbath every week?
- 4. Has there ever been a time you had to walk by faith because of uncertainty in your life? What abilities or insights did God deposit into your life because of that experience?
- 5. The Holy Spirit fills leaders. In Judges 3:7-11, it says the Spirit was upon Othniel, Caleb's younger brother. He was the first judge in Judges. In Acts 6:5, it says that Stephen, the first martyr, was full of the Holy Spirit. What are some qualities you have seen in a Spirit-filled leader?
- 6. Read John 4:21-24. What does Jesus teach about worship in this passage?



PRAY

Thank God for the gift of the Sabbath and that ultimate rest is found in Him. Ask Him to show us what it looks like to worship Him in a way that does not hold back and to help us to worship Him in Spirit and in truth. Ask Him to fill us with His Spirit and increase our faith in Him. Have someone read Hebrews 4:14-16 and ask God to help everyone confidently approach His throne of grace.

PGROUPS



EPISODE 2: MIDWEEK MEDITATION

DID YOU KNOW THAT MOSES HAD TWO SETS OF STONE TABLETS- THE ONES WE CALL THE TEN COMMANDMENTS? REMEMBER THE FIRST SET, HE SMASHED WHEN HE CAME DOWN FROM THE MOUNTAIN AND SAW THE ISRAELITES WORSHIPPING A GOLDEN CALF. IN EXODUS 34, MOSES RECORDS GOD GIVING HIM THE SECOND SET OF COMMANDMENTS TO CARVE ON STONE. THE COMMANDMENT FOUND IN EXODUS 34:21 APPEARS ON BOTH LISTS, "SIX DAYS YOU SHALL LABOR, BUT ON THE SEVENTH DAY, YOU SHOULD REST."

TODAY, WE LIVE IN A HUSTLE CULTURE. WE STRIVE, WE WORK, AND WE GO FROM PLACE TO PLACE. WE EVEN NEED VACATIONS FROM OUR VACATIONS. BUT GOD HAS A DIFFERENT PLAN FOR HIS PEOPLE.

WHEN WE LET OUR CALENDARS BE OUR MASTER, WE MAKE AN IDOL. AN IDOL IS SOMETHING THAT WE PUT OUR TRUST IN. WHEN WE DO NOT SABBATH, WE PUT OUR TRUST IN OURSELVES. WHEN WE DO SABBATH, WE TRUST GOD TO HELP US AND PROVIDE FOR US.

WHEN WE CHOOSE TO REST, WE CHOOSE TO BELIEVE THAT WE ARE NOT DEFINED BY WHAT WE DO BUT THAT WE ARE DEFINED BY WHO JESUS IS AND WHAT HE DID FOR US ON THE CROSS.

GOD NEVER MEANT FOR THIS TO BE A BURDEN; IT IS EVIDENCE OF HIS LOVE AND MERCY. IN MARK 2:27, IT SAYS THIS, "AND HE SAID TO THEM, 'THE SABBATH WAS MADE FOR MAN, NOT MAN FOR THE SABBATH." GOD LOVES YOU SO MUCH THAT HE WANTS YOU TO REST.

REFLECTION QUESTIONS:

- 1. WHAT AREAS OF YOUR LIFE MAKE YOU FEEL BUSY? WHAT AREAS ARE HARD FOR YOU TO ENTRUST TO GOD?
- 2. WHEN WE LIVE LIVES OF OBEDIENCE TO GOD, THAT IS WORSHIP. HAVE YOU EVER CONSIDERED THAT OBEYING GOD'S CALL TO REST COULD ALSO BE WORSHIP?

TAKE A STEP:

ONE DAY THIS WEEK, WE WANT YOU TO PRACTICE TAKING A SABBATH. SIT DOWN AND JOURNAL A LIST OF THINGS THAT YOU ARE THANKFUL TO GOD FOR AND CHOOSE A WORSHIP SONG TO SPEND TIME LISTENING TO THROUGHOUT YOUR DAY OF REST.