

## Questions week beginning January 19 2025

### READ Ecclesiastes 3:1-8

1. Which of these “times” do you most identify with right now? Why?
2. Which of these “times” do you find the hardest to deal with when they occur?
3. If you could add two more contrasting “times” to this list, what would they be?
4. On Sunday Glyn added to the list “there is a time to work and a time to rest” and quoted from the article “The Glorification of Busy” which said, “*When you ask somebody how they are doing, they used to answer, “Fine.” But nowadays, most people answer, “Busy.”*”<sup>\*</sup>  
Many would say that we are far busier today in our society than we were a few years ago. Would you agree and if so, what do you think has caused this shift?
5. In Psalm 23:2 many translations say “*he makes me to lie down in green pastures*” suggesting that God has to force us to rest. Do you find it easy to rest?
6. On Sunday Glyn quoted from Philip Keller’s book “A shepherd looks at Psalm 23” where it lists 4 things that might stop a sheep from wanting to lie down in the green pasture:
  - a. Fear of some kind of predator nearby
  - b. Friction between them and another member of the flock
  - c. Being tormented by flies or parasites
  - d. Hunger
- i. In what ways might we see similar parallels in our lives robbing us of our ability to rest?
- ii. Can you think of any other “rest robbers?”

### READ EXODUS 20:1-11 and then EXODUS 31:12-17

- i. According to these 2 passages what are the reasons for God commanding the Jews to observe the Sabbath day each week?
- ii. Why do you think God made the punishment for not keeping the Sabbath to be so severe?
- iii. Exodus 31:16-17 it says that observing the Sabbath Day was a sign between God and the Jews. Some Christians believe that Sunday is the ‘Christian’s Sabbath day’ and should be kept “holy” by refraining from certain activities on that day just like the Jewish Sabbath. What do you think and what has influenced your view?

### READ HEBREWS 4:1-16

The writer of Hebrews compares the rebellion of the children of Israel who refused to go into the Promised Land and enjoy “God’s rest” with the idea that we can enjoy “God’s rest” through our relationship with Jesus who fulfils the Law by being our Great High Priest as well as the perfect sacrifice for our sin (v14-15).

- i. In what ways are we “at rest” with God because of Jesus?
- ii. Kevin DeYoung in his book “crazy Busy” said “*We will have to work hard to rest,*” and in Hebrews 4:11 it says, “*Let us, therefore, make every effort to enter that rest*”. What can we, and should we, do to ensure that that we are always living in “God’s rest” that is made available through Jesus?

<sup>\*</sup><https://www.exudeinc.com/blog/the-glorification-of-busy/>

<sup>\*\*</sup> Kevin DeYoung, Crazy Busy: A (Mercifully) Short Book about a (Really) Big Problem