



UNDER THE INFLUENCE

It's possible to stay busy and still be lazy at heart. It's possible to have a full schedule and still live a life of idleness. If you're hoping to find balance between work (which we're called to) and rest (which we're called to), lean into the One who created and demands both.

Scripture:

Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."
Genesis 1:28

"People who work hard sleep well."
Ecclesiastes 5:12

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."
Ephesians 2:10

"My dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."
1 Corinthians 15:58

Ice Breaker and Intro Questions:

1. If you had a day to rest and relax, what kinds of things would you do? What would you definitely NOT do?
2. What resonated with you from Sunday's service? (Scripture, Song, Message, etc.)

Discussion Questions:

1. Read Genesis 1:28 quietly by yourself. These are the first words God speaks to man recorded in the Bible; why is this important? What does it teach us about work?
2. Read Ecclesiastes 5:12 & Ephesians 2:10 together as a group. How do these verses challenge and comfort you?
3. We can be tempted to see work as a necessary evil and we can make work a source of pride or our identity. Are any of those a struggle for you? How so?
4. Chris shared that sometimes, "work is hard because we forget to rest." How have you seen this to be true? Do you ever struggle with this?
5. God created us for meaningful work and intentional rest. Which area seems more challenging to you today? Why do you think that is?
6. Read 1 Corinthians 15:58. How do you sense God speaking to you today? Share with your group as honestly as you can, and finish by praying together.

This Week:

- Whatever you do, however you work, give yourself fully to the work of the Lord. Spend some time journaling or talking to God - ask Him to give you the courage and strength to do the hard thing and embrace the specific gift of work that he's given to you.
- Is there a way you can reject being lazy or busy this week? What might that look like for you specifically?
- Easter is just a few weeks away. Get details at www.wschurch.org/easter and consider who you can invite!