

Grace Inspires Both Rest and Labour

SESSION GOALS

The point of every session is a main idea with the goal of what we want to walk away from the discussion with—knowing, feeling and doing.

Main Idea: Both rest and labor are integral aspects in the life of a godly entrepreneur.

Head Change: To understand that contentment and productivity need not be counterintuitive.

Heart Change: To absorb the truth that God made us to be entrepreneurial for Him and content in Him.

Life Change: To become entrepreneurial for God—pursuing passions and activities that exalt Christ.

OPEN

Have all participants engage in a physical activity. They can either jog on the spot or move their arms around in a circle or skip around the room. Whatever the action, it needs to be repetitive. Let the action continue until participants are out of breath. When they are out of breath, they can stop for a few moments before resuming the activity.

It's common sense—we all need rest. Sleeping is perhaps the best way our bodies and minds recharge for the day ahead. However, our souls and spirits need rest too, something that is impossible to achieve when we're constantly chasing goals.

In this session, Anand Mahadevan explores how we can be in a deeply content even when we are labouring with all our heart, skill and strength.

Here are a few important things to look for in the upcoming session. As you watch, write down how Anand Mahadevan answers these questions.

What is contentment?

What are the qualities of the highly productive person?

How can you embrace the pola

WATCH

SESSION 3: *Grace Inspires Rest and Labor (8 minutes)*

REVIEW

Anand Mahadevan speaks about the need to work and rest. Explain why both of these are important to our well-being? Are you getting enough of both work and rest or do you tend to prioritize one over the other? What could be the long-term implications of this imbalance?

Examine some of your most common motivations in favoring one over the other. In what ways are these motivations self-indulgent? What are some practical steps that you can take to even out the imbalance?

Anand talks about two important concepts that are related to rest and labor—contentment and productivity. How do you think that a greater sense of contentment might curb productivity?

Both contentment and discontentment can spur productivity—do you agree or disagree? What would be the difference between productivity that results from contentment and discontentment?

Anand notes that Paul was a perfect example of someone who was both contented and productive. Grace inspired Paul to labour harder than everyone. How do you think Paul was able to embrace these polarities? Can you think of other examples from the Bible of people who were both productive and contented?

How would you define contentment? How would a greater sense of contentment impact your achievements? How do you think the parable of the talents roots for both contentment and productivity?

BIBLE EXPLORATION

Read Philippians 4:10–13. Paul says that he has learnt the secret to being content in all circumstances. What do you think this secret might be?

What is one of the areas of your life that you are discontented with? What is the source of your discontentment? What practical steps do you need to take to break free from the cycle of discontentment?

Skim through Genesis 2: 2–3, Exodus 20:8–11, 31: 12–17, Mark 2:27, Hebrews 4:1–11. Based on these verses, we are expected to work for six days and rest for one. Why do you think our rest matters so much to God? What do you think Jesus meant when He said that the Sabbath was made for man?

In what ways does the concept of Sabbath still hold good today? How can we honor God through the Sabbath?

The writer of Hebrews makes it clear that the observance of Sabbath is more than just a ritual. It is a state of mind. What does a Sabbath state of mind look like in your life?

Read Exodus 2: 11–15, 1 Samuel 17:26–30, Nehemiah 1:1–11, 2 Samuel 15:1–5. From a reading of these verses, what would you say is the difference between being contented and being complacent?

What was the motivation for the entrepreneurial spirit shown by Moses, David and Nehemiah? What was the end result?

Contrast the entrepreneurial spirit of these men against that of Absalom. How can the motive of a person determine the quality of productivity?

God considers rest as being so important that He mentions the Sabbath as many as 172 times, including 59 times in the New Testament. Clearly, rest was designed as an integral part of our lives for a good reason. Equally important as rest is productivity—in fact we **are** to work six days of the week. In God’s design, rest and labor are not mutually exclusive. Instead, one paves way for the other.

LIVE IT OUT

Select at least one activity below to complete before watching the next session.

PRAY: Ask God to help you be content in Him and productive with Him. Pray that your spirit of entrepreneurship will be spurred by the things that matter to God.

ACT: Moses, David and Nehemiah are often cited as examples of people whose 'holy discontent' spurred action and productivity. Identify one situation in your life that fills you with holy discontent. What concrete steps can you take to be productive in this area?

MEMORIZE: Commit Philippians 4: 12–13 to memory, reading it aloud to yourself every day through the week.
