

## COMMUNITY GROUP GUIDE

### Faith & Work③

#### INTRODUCTION | Work and Rest: Work-Life Balance

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The message series at the moment is Faith and Work, and within that broader topic the theme of our work and rest balance is very important indeed. Particularly in contemporary Tokyo many people seem totally exhausted. In this context, how should we spend our Sundays? From today's Bible passage, we learn three things: 1) Rest from our work on Sundays; 2) Rest together with our church family on Sundays; 3) Rest with God on Sundays.

#### SCRIPTURE | Exodus 20:8-11, Genesis 1:31, 2:1-3

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20:8 "Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

1:31 And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day. 2:1 Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

#### QUESTIONS |

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- 1: In Exodus 20:1-2, what has God done for the people of Israel, and why would this motivate them to trust and obey him?
- 2: In Exodus 20:8-11, what did God command the people of Israel to do?
- 3: How can taking a weekly day of rest be either difficult or beneficial in your life in Tokyo?
- 4: In Exodus 20:10, and in Hebrews 10:24-25, in what ways does God want his people to serve others around them?
- 5: How do you think that meeting together with Christians at church encourages you and them to rely on the grace of Jesus throughout the trials of the working week? Share particular experiences that you have had of this kind of encouragement.
- 6: Discuss together how each of you spends your Sundays. What do you find to be restful, and encouraging, and what helps you to have fellowship with Jesus?

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### REFERENCES |

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#### Hebrews 10:24-25

24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

### PRAYER |

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- Lord you did not only give work for our benefit but also rest. In God we find rest physically emotionally and spiritually. We praise you that we are refreshed by you in these ways.
- Let us consider our work life balance. If we are not obeying the teaching of scripture by resting and experiencing God's glory and being continually filled with new life let us reflect on why this. By grace let us offer up repentance for this and look to balance work and life in accordance with the will of God.

### UPCOMING EVENTS | This Week & Next Week

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1. Grace City Gospel Choir (5/23)
2. Lunchtime meetings (5/25 Marunouchi, 5/26 Otemachi)
3. Bach Concert (5/27)
4. Sunday worship (5/29 Faith and work series #4)
5. Financial seminar (5/29 life and money KDDI hall lobby)
6. Grace City introduction dinner( 5/29)
7. Obento Project (6/4)
8. Sunday Worship (6/5 Faith and work #5)