

# CONVERSATION STARTERS

## SOUTHRIDGE COMMUNITY CHURCH

Rest and Recreation. May 31 - June 28, 2026.

### EAT TOGETHER | *Showing up regularly to share life and build relationships*

1. What do you love about spring and summer?
2. What are some of your favourite ways to rest and recharge?

### PRAY TOGETHER | *Joining in on conversations of life and faith*

1. Week One: Come to me all you who are weary
  - a. Read Matthew 11:28-30.
  - b. What stands out to you from these verses?
  - c. On a scale of 1-10, how tired are you?
  - d. If rhythms of rest and recreation are a critical component of Jesus' invitation into a life of love, what might it look like to learn the unforced rhythms of grace this summer?
2. Week Two: Sabbath as Stopping
  - a. Read Exodus 20:8-11.
  - b. How might rhythms of actually *stopping* to rest help us more fully embrace the "love God and love neighbour" commands of the Ten Commandments?
  - c. What in your life makes it most difficult to *stop* (i.e. from working, doing, producing, scrolling, shopping, bingeing, etc.)? Even if you *stop* working, what do you usually *start* doing instead (rather than fully stopping and resting in God)?
  - d. What step could you take this week to practice fully *stopping* (even for a half hour)? How might the practice of powering down your phone for a deliberate period of time be a helpful step in practicing *stopping*?
3. Week Three: Sabbath as Resting
  - a. Read **Exodus 5:4-18**. We have it easy compared to the Israelite slaves in Egypt. Still, how would you describe your current work-life balance? Do you continue to think about work after-hours or when spending time with friends or family? How much of your life is spent producing and/or consuming, feeling like you're never finished, like you haven't done enough, earned enough, become enough? In what ways do we live as slaves to the values of this world, fueling the endless craving for more—more stuff, more wealth, more status, more success, more recognition, etc.?

- b. Read **Genesis 2:15 & Genesis 3:17b-19**. What are examples in your life of these two different kinds of work—*sacred* work and *sweat-of-your-brow* work. How can you spend more of your life engaging in the kind of sacred work that’s actually restful?
- c. Read **Deuteronomy 5:12-15**. If true Sabbath-rest means rest for *all*, in what ways does your approach to *rest* (vacations, date nights, dinner out, scrolling and streaming, etc.) depend on the work of others? What are some ways of resting that don’t require work from anyone, allowing the world around us to rest as well? What would it look like this week to actually *observe* the Sabbath, by planning intentional ways of engaging in inactivity?

4. Week Four: Sabbath as Delighting

- a. Read Genesis 1:31-2:3.
- b. What stands out to you in these verses?
- c. What do you think of when you hear the word delight?
- d. What do you imagine 24 hours of joy would look like and feel like for you?
- e. How do you think stopping and resting could make delight and joy flow freely in your life?

5. Week Five: Sabbath as Worshipping

- a. Read Luke 5:16.
- b. In your life, what's the difference between *physical* rest (good sleep, day off, nap, vacation, etc.) and *spiritual* rest?
- c. How can you incorporate moments of spiritual connection during your times of rest and refreshment - to stimulate a *heart* of gratitude and a *mind* of Kingdom focus and perspective?

**LOVE TOGETHER** | *Being real to care and make a difference*

**For personal contemplation this month:**

1. Share with your group one big idea that you learned or impacted you from this series, which you can hold onto this summer? How might you put that into practice?
2. How would you love to “arrive” in September, following a summer of rest and recreation? Describe what that might look like.
3. How do you hope to grow in the way of love this summer? What might a summer of rest and recreation make possible?