

# WEEK 3 - DO & BE

Fall Focus 2023 // Canopy Guide

On Purpose // Spiritual Disciplines

## CONVERSATION STARTERS

Use the questions below to kickstart a community building, all-play conversation that connects to our weekly topic. If your group meets for dinner, these might be great questions to share around a table.

- Do you naturally tend to over-work or over-play?
- What techniques do you use to implement rest into your day, your week?
- Do you feel tension or balance in your life between work and rest?

## YOUTUBE VIDEO INTRO

[Click here for the YouTube video intro!](#)

## STUDY GUIDE

In creation, the Lord demonstrates for us in his own commitments and action the beautiful balance between creativity, work, and rest. These are not intended to be separated, but feed each other. Our creative energies and our work are fueled by our rest, and our need for refreshing is felt as we deplete our internal resources through work. Our lack of developing the ability to maintain the balance between work and rest is often a recipe for frustration and burnout.

### Scripture to Read

We're speaking of two creative forces that we need to learn to keep in tension. Therefore, let's consider a couple passages that belong together, because work and rest belong together. We are called to both rest and work. Our need for each depends on many factors, and together with our community of faith we maintain this delicate balance.

- Matthew 11:28-30
- Ephesians 2:10

### Deeper Discussion Questions

1. Take a few moments to consider an honest inventory of this past week. What did your work look like? Include your creative activities, chores, and career. Now, what did your rest look like?
2. Do you understand that Jesus calls us to live in the balance of work and rest? If so, how do you currently deal with this balance, and how do you plan on improving this delicate balance in the future?
3. Who in your life has permission to assist you in your commitment to maintaining this balance of work and rest?

### PRAYER

Make sure to claim some time as a group each week to pray specifically for each other.

### EXTRA RESOURCES/ARTICLES/RESEARCH

1. In this episode of James Bryan Smith's podcast he chats with Ruth Haley Barton about developing rhythms of rest and work  
<https://apprenticeinstitute.org/2023/06/14/conversation-with-ruth-haley-barton/>
2. Bible Project, "Sabbath"  
<https://www.youtube.com/watch?v=PFTLvKB3JLM&t=2s>
3. John Mark Comer, *Ruthless Elimination of Hurry*, linked excerpt from chapter on Sabbath.
4. *Peak Performance* by Brad Stulburg and Steve Magness (specifically the rest chapter) is a great book resource for the secular workplace on this topic. There's a quick summary of the main point here:  
<https://medium.com/thrive-global/the-growth-equation-stress-rest-growth-de95a5cdcd1d>