Harvester Christian Church

Life Groups | **PERSONAL BIBLE STUDY**

I SURRENDER | MY WEEK

**WEEK 2**

What does it mean to be a “living sacrifice” (Romans 12:1-2)? That is what we are discovering this series. Last week we focused on surrendering our will to the will of God. This week we explore the meaning of surrendering our week to Him.

There are 168 hours in a week. The question for the person seeking to honor God with all they do is, “How would God have me spend those 168 hours?” How do we find the right balance between work, family time, recreation, rest, and time devoted to nourishing our soul and enjoying fellowship with other believers? And the issue is not just how much time should be set aside for each, but how do I actually spend those hours? What does it mean to work in a way that honors the Lord? Or why is setting aside time for rest so vital? Let’s take a look at what the Bible has to say about the way in which we spend our time each week.

**What does the Bible say about work?**

Read and summarize these verses that speak directly or indirectly about work or that help to put our work into proper prospective.We will see in these verses that work is good but that it should have some boundaries. We work to make money, but when is enough enough?

* Gen 2:15
* 2 Thess 3:10
* Ecclesiastes 5:10
* Matthew 6:24
* Colossians 3:23

Read Ephesians 6:5-8. Even though it was written about slaves and their masters, what can it teach us about our view of work in today’s culture?

**What does the Bible say about rest/Sabbath?**

While the Bible declares work to be a good and necessary aspect of our lives, it’s amazing how many times in scripture God’s people are commanded to “do no work.” Last week we encouraged you to download the “Vine(s) Expository Dictionary” app to your phone or tablet. If you did, try looking up the word **“Sabbath”** and answer the following questions. If you didn’t, download it now and do the same ☺

* What does the root of the word “Sabbath” mean?
* Where did the idea of having a day of rest originate, according to Exodus 31:16-17?
* In Mark 2:23-27, for what did the Pharisees criticize Jesus?
* In that same passage, what do you think Jesus meant when he said “The Sabbath was made for man, not man for the Sabbath?”

**What about personal time with the Lord and time with other believers during the week?**

We will argue in this series that setting aside specific time each week for things like prayer and Bible reading (both on a personal level and in the company of other believers) is vital. We will also make the case that time spent serving other people in the name of Jesus should be a regular part of our week. We will be discussing that, however, in a future lesson called “I Surrender My Walk.”

**Weekly Challenge**

Our encouragement for you is to set aside some Sabbath time this week in which all work and/or busyness will cease for you. If establishing an entire day is unrealistic at this point, set apart at least a few hours. Make a plan. When will your Sabbath be? Where will you spend that time? How will you ensure that work or other obligations will not infringe on this time? What are some things you will do during this time to focus your mind on the Lord?

If you are able to establish a Sabbath this week, come to your group prepared to share about your experience. If that doesn’t happen this week, try to come to your group with a plan for when it will happen.

**Discussion Questions**

Please share about your “Sabbath” this week or a plan you have made for a time in the near future. What was that like?

If you handed your weekly planner to Jesus and asked Him to make some changes, where would He start? What is one way in which your weekly time expenditures might be out of balance?

What would it look like for you to honor God with your work each week? (Apply this to your situation whether you have a paid job, work around the house, or are a student in school.)

What are some factors that might lead a person to become a workaholic and let that aspect of life get out of balance?

What would it look like for you to honor the Lord with your leisure time?

What would it look like for you to honor the Lord in the way you spend time with your family (or the people you’re closest with if you do not have one)?