

Psalm 95; Hebrews 4:1-13  
Series – Healthy Habits  
Message – Resting  
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Fifth Reformed Church  
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### **Hurry Sickness & Identity DIY**

- “People nowadays take time far more seriously than eternity” (Thomas Kelly, 1893-1941).
- Hurry Sickness
  - “A continuous \_\_\_\_\_ and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in \_\_\_\_\_ and less time...” (Meyer Friedman, quoted in John Ortberg, The Life You’ve Always Wanted, pgs. 83-84).
- When human beings break with God, they begin to \_\_\_\_\_ other human beings.
- Genesis 4:10-14
- The takeaway is that sin and our separation from God causes people to experience spiritual \_\_\_\_\_ and dissatisfaction.
- The great lie behind all our hurrying is that we can build our \_\_\_\_\_ through our \_\_\_\_\_.

### **Entering God’s Rest**

- “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:29).

- Initial faith is a \_\_\_\_\_ of trust from whatever you’ve been trusting to fix yourself to what Jesus has done for you.
- Hebrews 4:6-7

### **The Habit of Resting**

- Hebrews 4:9-11
- We need to rest \_\_\_\_\_ the truth of the gospel.
- Once a week for a 24-hour period, \_\_\_\_\_ as if all your work is done.
- Assignment: Plan a 24-hour day of rest and try it

### **Reflection Questions**

1. Where do you see hurry sickness in the culture, and how do you sense it in yourself?
2. Where do you see people trying to build their own identity through activity?
3. Just before he died on the cross, Jesus said, “It is finished.” How is that message good news to our culture?
4. In what ways might you share Jesus’ invitation to come and rest with someone who is not yet a Christian?
5. What is your rhythm of spiritual rest? Are there pieces that help you rest into the truth of the gospel?
6. How is God getting your attention?
7. What is God saying to you?
8. What are you going to do about it?