



# Church for Mondays

*Week 3: Resting from Work | Teacher: Libin Abraham  
Sermon Questions for 5.8.2022*

## **Opener**

What's your favorite thing to do in your downtime?

## **Read**

Ecclesiastes 2:4-11, 17-24; Isaiah 2:8; Micah 5:13; Psalm 127:1-2; Mark 6:30-31; John 15:4

## **Main Points**

1. When the work of our hands have become the object of our worship - when our time, energy, and thought all revolve around it, then we have made work an idol.
2. Work becomes an idol when work is your primary identity.
3. Work becomes and Idol when work is your greatest satisfaction.
4. Work becomes an idol when work is your highest hope.

## **Engage with God in a Group**

- How challenging is it for you to take breaks from work?
- What have you found helpful to switch from work to home, to be mentally, physically, and emotional present in both spaces?
- Is the lack of work your greatest fear?
- Does your calendar allow you to stay devoted to God and to the most important relationships in your life?

## **Bottom Line**

Your trust in God for your work is directly correlated to how willing you are to rest from work.