

MEMBERSHIP & YOUTH



CURRENT SERIES:

Week 4:  
Do Nothing



ANNOUNCEMENTS!

- ➔ Family Birthday Celebration - **TONIGHT!** [5/2]
- ➔ We still need some volunteers for FBC! If any of you would be willing to give up an hour of your time- it would be greatly appreciated! Please let me know if you would be willing to help.

CALENDAR:

- ➔ BIG STUF:  
**June 14-18!**
- ➔ Summer Leader Meeting: **May 16.**



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## Week 4: Do Nothing

### Bottom Line:

When we stop and acknowledge how God has cared for us and our world, we realize who is really in control.

### Message Overview:

How crazy is your life? Doesn't it seem like the weeks go by so fast? Okay, maybe not the school day or your shift at work—but the rest of your time, like your free time—how much of it seems to just disappear before you know it? What if you were more intentional with your time? More specifically, what if you spent time each week pausing, reflecting and acknowledging what God has done for you and everyone else the rest of the week? What if you took time to stop, rest and realize that no matter how much you thought you were in control of every minute, He was really in control all along?

**Scripture References:** Exodus 20:8-10; Exodus 16:26, 29-30; Matthew 12:1-12

### Questions:

1. What did you think of the talk this week? What did you hear the speaker say?
2. What does a typical week look like for you?
3. Does the idea of a “day off” appeal to you, or does it seem too difficult to manage? Does it seem necessary or like a nuisance?
4. How seriously have you taken this commandment in the past? Why do you think God made it a commandment?
5. What are your fears in taking a Sabbath? (missing out, being bored) What would you feel like you would be missing out on if you took the time to just stop? (fun times with friends, movies, getting ahead in academics, not making the starting lineup, knowing what's going on with everyone)
6. Do you believe God might meet you in that time of rest? What kinds of things do you think He'll show you about Himself when you do rest?
7. Even if you life isn't busy, what kinds of things can distract you from taking a Sabbath? Why do you think people are reluctant to take it?
8. When you never stop and re-focus, how does that begin to affect your view of God and your relationship with Him?
9. Do you have any time in your current schedule each week, whether it is a day or just a couple of hours, when you reflect back and see where God provided?
10. What kinds of things did the Israelites learn about God when they took their Sabbath?
11. Jesus healed people on the Sabbath and the Pharisees didn't like that at all. They thought He was breaking God's law. But the reality was they were the ones who had a distorted perspective. Read Matthew 12:1-12. What are some ways that the Sabbath can become too focused on you? What are some ways you can keep the Sabbath focused on the right things—who God is, who you are and how you interact with those around you?
12. What kinds of things do you think God would want you to notice about Himself when you take the time to rest?
13. What do you depend on God for? How likely are you to focus on these things when you never create the time to stop?
14. What can you do to reorder your week to create some “Sabbath time”? (Keep in mind that the Sabbath doesn't have to happen on a Sunday.)

### The Next Step:

Encourage your students to carve out one hour this week for “Sabbath time” and see what happens. Call it the Sabbath Experiment. Follow-up next week to see how the time went.