



## Men's Fraternity

Isaiah 58: "Sabbath...Fully Engage & Fully Rested"

Hugh Halter / November 3, 2020

### FIRST TAKE

"High OR Low." Share your relational HIGH and LOW from the last week. (\*This could be related to family, work, faith, etc.)

### TEXT

Isaiah 58:13-14

*"To be at our best we must learn how to rhythmically spend and renew energy. The richest, happiest, and most productive lives are characterized by the ability to fully engage in the challenge at hand, but also to disengage periodically and seek renewal. Great leaders are stewards of their personal and organizational energy."*

*[Power of Full Engagement](#) by Jim Loehr and Tony Schwartz*

### TAKEAWAY

1. In resetting God's Zoe life into our life, God prioritizes sabbath spirituality.
2. God's design of a man is that he work hard and rest hard.
3. Lack of Sabbath experience usually means we don't trust God in provision or that our identity is too wrapped up in our vocation and production.
4. The 'Work' for every Christian is to simply believe what Jesus believes, especially in regards to provision.

TALK (Take Notes from the Video)

## TURN IT UP (Questions to talk through)

1. Hugh shared that performance, health and happiness are grounded in the spiritual management of energy. Share where your energy is being expended right now? Do you feel balanced or out of balance.
2. Describe what things, experiences, or thoughts bring you the most true sense of rest and recovery?
3. In regards to overworking, do you think Hugh is right that its usually based in fear or false identity?
4. Hugh reminded us that one of the most powerful apologetics of the gospel to the world is our restfulness. How are we doing as a movement right now? What challenges and opportunities does a Covid world offer us?

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