



## EXPLORE THE BIBLE.

Session 4: Satisfies

Suggested Week of Use: September 24, 2023

Core Passage: Mark 6:30-44

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### News Story Summary

“Rest is productive.” This simple, yet profound concept has gained traction as an antidote to the fast-paced world of work. Recent research has indicated that embracing a slower pace can paradoxically lead to heightened productivity. In a society that often glorifies busyness, recognizing the value of deliberate breaks and relaxation is crucial. By stepping back and recharging, individuals can enhance their creativity, problem-solving abilities, and overall focus. This approach acknowledges that sustainable productivity is not about constant activity. Instead, it is based on a balanced rhythm that alternates between intense engagement and essential rest. Incorporating moments of stillness and leisure into the work routine can unlock untapped potential and result in more efficient and effective outcomes. Experts state that simple things like taking a short break away from one’s desk every few hours, setting aside a full hour for lunch, or finding ways to inject fun into a daily routine can do wonders. Individuals can also set “rest goals,” like quitting by a certain time each day.

For more about this story, search “Slowing down gets more done.”

### Engage

To supplement Engage, ask: *How do you feel when you get a full night’s rest or can enjoy a few days of vacation?* Allow adults to share their experiences, including ways they manage their rest. Talk about how the business world is discovering that times of rest are actually good for business. Share the information about recent research on the benefits of rest on our work. Encourage adults to think about why God blessed rest. Note that He even established a “day of rest” for His people. Explain that today’s session reveals that even Jesus and His disciples sometimes had trouble finding rest. Point out that while Jesus met people’s physical needs, He also paid attention to their emotional and spiritual needs.

### Challenge

To supplement Challenge, remind the group about the research on rest and work. Encourage them to think through the next week and to identify ways they can find rest in the middle of a busy schedule. Encourage them to work hard at meeting the needs of people God brings along their paths. Say: *But you should also look for intentional ways to rest because that allows you to be at your best when you’re called to be the hands and feet of Jesus.* Take time to pray that each adult would find time to rest and to thank God for who He is and for what He has done.