

ROOTED

Work Hard, Rest Well The Hustle God Designed

November 9, 2025 // Craig Rees + Wibke Rees

BIG IDEA:

Your rhythm of grind and grace reveals your grasp of God's wisdom—work is a gift, and rest is obedience.

KEY SCRIPTURES:

Genesis 2:2–3; Exodus 20:8–11; Deuteronomy 5:15; Psalm 127:2; Proverbs 2:6; 4:5; 6:6–11; 13:20; 16:3; 23:4; 28:14; Jeremiah 9:23–24;

Matthew 11:28–30; Hebrews 4:11; 1 Corinthians 6:2–3; 2 Timothy 2:12; Revelation 14:13; 20:4

1. Where does the tug-of-war between getting more done and trusting God with limits show up most in your week, and what does that reveal about what (or whom) you rely on?
2. “Go to the ant... consider its ways and be wise” (Proverbs 6:6–11). Which traits of the ant (initiative, foresight, perseverance) most challenge your current approach to responsibility?
3. Proverbs 16:3 invites you to commit “whatever you do” to the Lord. What practical habit would help you hand both your hustle and your halts to God each day?
4. Genesis 2:2–3 shows God resting to crown creation. How might Sabbath-shaped rest move from recovery after overload to worship that recalibrates purpose?
5. Where's the line for you between wise diligence and anxious striving? Name one indicator that tells you you've crossed it and one step that helps you return.
6. If work is part of God's design (not a punishment), how could seeing our current role as formation for future kingdom responsibility change our attitude or excellence
7. Jeremiah 9:23–24 redirects boasting from achievement to knowing God. What's one area of achievement you're tempted to anchor identity in, and how can you re-anchor it in relationship?
8. Revelation 14:13 promises rest that lasts and deeds that follow. How does eternity reshape the way you evaluate “output” versus “purpose” in today's decisions?
9. Matthew 11:28–30 invites weary people to learn Christ's yoke. What practice of Jesus (unhurried prayer, saying “no,” solitude, table fellowship) will you adopt to keep pace with Him, not pressure?



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