

STUDY and DISCUSSION QUESTIONS

- ❖ Are there any “red flags” in your life that you think are indicating a need for rest?
- ❖ Why do you think God thinks it so important that we experience rest in our lives?
- ❖ Have you searched for rest in culture or religion only to come up empty? Why do you think these things can’t produce lasting rest?
- ❖ Look at the pattern of Jesus’ life in the gospels. Before any major stressful event, he retreated to be alone with the Father. If the Sabbath rhythm was so important to Jesus, why do you think we as his people often ignore it?
- ❖ Do a self evaluation of your resting habits: when was the last time you spent a significant amount of time seeking God for rest? How often do you spend a quiet time with the Lord? How often during the day do you stop to pray or think of God?
- ❖ Set some specific goals for how you can integrate a better pattern of Sabbath into your life. What are you going to do differently this week and this year to find times of true restoration?

Bible Versions used: NIV-New International



How to Find True Rest

Psalm 23:1-3 (NIV) The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.

The truth about rest:

1. You _____ it.

2. You try to _____ it.

Psalm 23:2 (NIV) He MAKES me lie down in green pastures...

3. You can't find it _____.

☐ Lasting rest doesn't come from _____
_____, it comes from a renewed _____.

Psalm 23:2-3 (NIV) He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.

☐ True rest can't be found in a place or a thing but only in _____.

Matthew 11:28 (NIV) "Come to me, all you who are weary and burdened, and I will give you rest."

4. Rest isn't just a one time occurrence, it's something that needs to be _____
_____.

Mark 2:27 (NIV) ... "The Sabbath was made for man, not man for the Sabbath".

Developing a Sabbath rhythm in your life:

- S _____
- D _____
- M _____