

## Rhythms Week 3: Rest

### RECAP:

Ultimately Rest is an act of faith. We acknowledge that we're not God and are limited. But Rest is also how God made you to engage this world. It's a gift and also a place where we find our true rest in Him. We set aside the things that bring us anxiety and find our hope in God.

### Main Points:

1. Rest Recognizes there's more to life than right now.
2. Rest is a glimpse of what is to come.
3. Rest brings restoration.

### SCRIPTURE:

Matthew 6:25-34, John 14:1-6, Matthew 11:28-30

### DISCUSSION QUESTIONS:

1. Ice Breaker: What the longest amount of time you've gone without your phone?
2. Did anything resonate with you about this week's conversation about rest?
3. On Sunday Wayne talked about the role adrenaline plays in our lives and makes it hard to stop. Have you ever experienced this?
4. In Sunday's conversation it was also said that instead of just getting things, space, and wealth, we should also be focused on building Time in our lives. That Rest takes work to create. What stands out to you here? How much work do you think it will take to create consistent rest in your life?
5. Read Matthew 11:28-30. What do you see about Jesus' heart for you in this passage?
6. How can you find time to both Delight and engage your heavenly father each week?

### NEXT STEPS:

- Take time to work on Rest this week. What schedule changes do you need to make? When do you do your busy work? When will you rest?
- Find a spiritual discipline, guide, or study that you can focus on when you rest.
- What is something you enjoy doing? Find time for that as well.