

How We Change: Practicing the way of Jesus 'Rest'

Genesis 2:1-3, Matthew 6:31-32

DISCUSSION QUESTIONS

The following questions are intended to use in discussion and application of the past week's sermon.

Listening

What part of the sermon was most helpful to you or challenged you to think and/or live differently? How will you apply this message to your life?

Engaging

Have someone read Genesis 2:1-3. What do you think this 'rest' entailed? How does our understanding of the rest that God takes inform the sort of rest that we need?

Pastor Donny taught that rest is bringing chaos under control. What sort of rest is available and even critical when the chaos seems to be indefinitely out of control? (In many ways this can be an specialized, case-by-case basis.)

What are the biggest obstacles to rest? (Consider how many of them are self-inflicted.)

Applying

What activities help you rest the best? How can you recognize the goodness and the kindness of God in such times?

Amidst all of the purpose and busyness of their ministry, Jesus regularly modeled and guided his disciples to times of solitude and rest. Why do we think our schedule is somehow too critical to stop or slow down to rest? How can even short stints of rest and spiritually pausing make all the difference?

Are there ways you can extend the opportunity or invitation to rest to someone else?

Praying

In light of this message and discussion:

How can we pray for each other? Where do you feel challenged or convicted?

What can we praise God for?

How can we pray for our church?



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