

# How We Change: The Practice of Rest

February 19-20, 2022: Dary Northrop

This provides about one hour of readings, discussion, and music.

As a springboard for discussion and further study, use the portions you find most valuable.

Open with this song video:

- “Be Still My Soul” <https://www.youtube.com/watch?v=mq59iE3MhXM>

## 1. Rest is God’s idea.

- Read **Genesis 2:2-3, Exodus 20:8-11, and Mark 2:27-28.**
  - Why do you think God created a sabbath?
  - Discuss how we can honor a Sabbath rest but avoid legalism.
- Read **Exodus 33:14, Psalm 95:8-11, and all of Hebrews 4.**
  - Based on these passages, how do you think obedience/faithfulness relates to entering God’s rest?
  - We tend to read **Hebrews 4:12** out of its broader context. After reading the surrounding verses, as we did, how does it impact your understanding of it?

## 2. Different types of rest

- *spiritual, mental, emotional, creative, social, sensory, physical rest* (Saundra Dalton-Smith’s book *Sacred Rest*)
  - What ideas stood out as you listened to this part of the message?
- Read **Matthew 14:13** and **Mark 6:31-34.**
  - Ask someone to retell the situation from these verses, in their own words.
  - How did Jesus teach his followers to be aware of handling a need for rest?
  - When might our compassion sometimes change our plans for rest?
  - How does this instruct us about balancing boundary-setting in relationships?

## 3. God’s part and our part

- Read **Psalm 127:2, Psalm 4:8, and Matthew 11:28-30.** How do these passages contribute to our understanding of rest?
- What can I do to pursue His way of rest?

## 4. What is at the heart of God wanting us to rest?

- Read **Romans 11:33-36, Psalm 37:7, and Philippians 4:4-9.**
  - When you see Paul’s instructions in Philippians, which part do you need to spend more time developing?
- Pastor Dary suggested that we consider these things this week:
  - Be intentional about a **pause** in each day.
  - Discover what makes you feel **rested**.
  - Is there a kind of rest you **need most** right now?

Close with **Isaiah 40:28-31.**

If you need prayer, ask a friend here to pray with you, and to support you in prayer this week.