

The Need for Rest

Questions

1. What illustration, story, or example stood out to you this week?
2. Where do you need to rest in God's provision, character, and goodness this week? How does your life change when you do?
3. Read Isaiah 30:15. Why do you think it's so hard for us to rest in God?
4. What is it about Jesus that reflects and demonstrates spiritual rest? What makes the way of Jesus so different than the way we often treat rest?
5. Read Exodus 20:8-10. What does a true Sabbath day look like to you?
6. One way to rest on Jesus is to take a break by diverting daily, withdrawing weekly, and abandoning annually. How can you realistically implement this into your life?
7. What one practical step do you plan to implement from this week's message?

Scripture References

Read Genesis 2:1-3; Exodus 20:8-10; Hebrews 4:6-10; Isaiah 30:15, 18; Matthew 11:28-30; John 13:22-25; John 21:20; Hebrews 4:11a

Takeaways

- God invites us to rest regularly from our actual work--and to rest always from trying to work our way into His good graces.
- Rest is ultimately found in a Person: Jesus Christ.
- A Rest on His Chest Affords Us:
 - Safety
 - Relationship
 - Closeness to His heart
- How to Rest on Him:
 - Take a break. (divert daily, withdraw weekly, abandon annually)
 - Remove distractions. (turn off and get away)
 - Be still. (slow your mouth, your body, your mind)
 - Open your heart to His love. (Meditate on Romans 8:31-39 every day for 2 weeks)

Your Identity in Christ

You are accepted.

You are God's beloved one.

Week 4:

The Need for Rest

MY DEEPEST NEEDS

You are co-heirs with Christ.

You are chosen.

You are forgiven.

You are free.

You are loved.

You are blessed.

You are holy.

You are blameless.

You are included.

You are reconciled.

You are secure.

You are free from accusation.

You are made perfect.

You are empowered.

You are gifted.

You are prayed for by Jesus.

You are victorious.

You are the light of the world.

You are the salt of the earth.

You are healed.

You are persevering.

You are a new creation.

You are born again.

You are His workmanship.

You are adopted.

You are protected.

You are not alone.

You belong with Him.

You are Abba's Child...

For all eternity.