

The Restful Life

Strive to Enter

We must *strive* to live the restful life (Hebrews 4:8-12). A restful life – where we experience joy, peace and hope deep within our souls – is available to us as a promise from God. But it doesn't just happen. We must take steps of faith to find it and embrace it. As God's design for our lives, rest is based more on what we *think* and *believe* than what we do (or don't do). His intent is that we live *from* a place of rest, not *for* it. Living from rest only happens when we allow God to settle four key questions in our lives: a) who am I, b) whose am I, c) what do I have, and d) what can I do?

GET THINGS STARTED

Despite paid vacation, sick time, a limited work week with typically two to three days off per week, and 6-11 paid holidays per year, many still do not feel rested. Why don't these produce rest? What do you think makes rest so challenging and elusive?

WATCH THE GROUP VIDEO FOR WEEK 1

GO DEEPER

1. What stood out or resonated with you from the video this week of Leif Hetland? What are the primary differences between Chair 1 and Chair 2 according to Leif, and how do we know which chair we are living from right now?
2. Hebrews 4:9 is emphatic that there is a Sabbath rest for the people of God. Referencing the historic exodus of the Hebrews out of Egypt, how can we be free (from Egyptian slavery) but not know rest (the Promised Land)? What does it look like to have a life *characterized* by rest instead of only having moments of rest?
3. From Hebrews 4:11, what does it mean to *strive* to enter the rest God promises us?
4. According to Genesis 1:26-2:3, God created Adam and Eve on the sixth day of creation and then rested on the seventh day. The first full day of Adam and Eve's existence was a day of rest. How do we live *from* a place of rest instead of *for* it? How can rest be separated from our circumstances rather than being based on or contingent on them?

MAKE IT PERSONAL

1. How do you rest, and are you rested or restless right now? What has contributed mostly to your rest or restlessness in this season?
2. From the video of Leif, what chair are you currently in, and how do you know?
3. What needs to change for you to have a life *characterized* by rest instead of only experiencing moments of rest? How do you get to a place that you are living *from* rest instead of *for* it?
4. To what degree do you believe the idea that rest of the soul has nothing to do with your circumstances or situations you are trying to navigate? What does joy, peace, and hope look like for you apart from the challenges you are facing?

PRACTICE IT NOW

Take time as a group to purposefully pray for deep soul rest over the next few weeks. Ask God to show you what it means to *strive* for rest in cooperation with Him and His presence, and how to live *from* rest and not *for* it. Ask Him to help you live in Chair 1, not Chair 2, as Leif explained. And ask God to settle in your heart who you are, whose you are, what you have, and what you can do as His spiritually adopted sons and daughters.

READING THIS WEEK: Introduction & Chapter 1