



Week 5

Ge. 2:1-3, Ex. 20:8-11,
Dt. 5:15, Mt. 11:28-30

General:

- In what areas of life do you feel like you're just spinning—busy, dizzy, but going nowhere?
- Prior to this message, how would you have defined "rest" or "Sabbath"? Has your definition changed?
- Would you say that you currently experience Biblical rest in your life right now? If not, what are the main obstacles?
- God rested in Gen. 2 to delight, bless, and make the seventh day holy. What might it look like for you to 'shabbat' and delight in what's already been done?
- In Dt. 5, rest is connected not just to stopping, but to remembering God's rescue. How does remembering God's faithfulness help you rest... especially when you're not "there" yet?
- What do Jesus' words in Mt. 11:28-30 reveal about His heart and character?
- Jesus says, "Come to me... and I will give you rest." What would it look like for you to come to Him this week—not just in theory, but in practice?
- What's one habit, rhythm, or boundary you can put in place this week to move toward Biblical rest?

Take Home 1: Rest is ceasing so we can live whole (Ge. 2:3)

- What would it take for you to believe that you are enough, even when you're not producing or performing?
- How do you typically fill your "ceasing" time—numbing distraction or soul-restoring practices?
- Where in your life do you feel fractured? What might God want to restore through rest?

Take Home 2: Rest is living free with God at the center (Dt. 5:15)

- Do you find yourself just taking time off, or living like you've been set free?
- Are you building a life where God could 'nuach' (dwell) where He's at the center?
- God rescued Israel from slavery to Pharaoh so they could dwell with Him. What modern-day "Pharaohs" might still be demanding your attention and worth?
- What would it look like to intentionally reorder your week so that God is truly at the center?

Take Home 3: True rest isn't found in a day, it's found in a person (Mt. 11:28-30)

- Pastor Chris said "Discipleship isn't just doing what Jesus did, it's doing life with Him." What's the difference between those two? Which one do you tend to lean toward?
- In what ways do Christians today turn faith into a performance?
- How do you experience Jesus? What does it actually look like for you to follow Him?
- If Jesus was truly walking beside you through your week, how would that change your pace?