

# SERMON DISCUSSION QUESTIONS

## THE JESUS FILTER: WEEK 4

*While anyone can take time to answer these questions individually, these questions are best discussed in a group! Not in a group yet? We want you in one! Head over to [southeastchristian.org](http://southeastchristian.org) to join a group in person or online, wherever you are - today!*

When you think of 'rest,' what comes to mind? Do you have a place that makes you feel refreshed and rested? What is it about that place/situation that puts your mind and soul at ease? What are some symptoms you see in your life when you are not getting enough rest?

Read Mark 6:30-46. What happened when Jesus and His disciples attempted to get away and find some rest? How did the crowds interfere with their plans? How did Jesus miraculously provide for the crowds? What did Jesus do when He was finally able to stop and rest (v. 46)?

Is rest something that comes naturally for you? Why or why not? Do you think most people in our culture are good at resting? What are some of the obstacles that keep us (or, more specifically, keep you) from resting and recharging? Why is it important for us to prioritize rest?

Carl talked about some of the ways we can get tired and run down (Physically, Emotionally, Mentally). As you think back over this past week, was there a time when you found yourself struggling with these different kinds of fatigue? Which would you say is the biggest struggle for you?

Is the practice of Sabbath something that you have ever considered or practiced? Why or why not? If you have practiced Sabbath before, what are some of the habits and guidelines you use for the day? If not, what keeps you from practicing Sabbath? What are some ways you can integrate Sabbath practices into your day-to-day life?

As you close your time together, read Psalm 62:1-8 (NIV, preferably). What does this passage say about finding rest in God? What would resting in God look like in a person's life? Close in prayer by asking God to give you each the opportunity to find rest in the upcoming week.