

# ORIGINAL INTENT

Week 3

## Look Back:

What did you learn about things that trigger your emotional responses? Were you able to determine if there is baggage or a lie associated with your reaction?

## Look Up:

Read [Matthew 11:28-30](#) and [1 John 5:2-3](#)

1. What is the first thing Jesus tells us to do in Matthew 11:28? Why do you think it is important to do this to find “rest”?
2. How is the passage from John similar to Jesus’ teaching in Matthew 11? How do these verses help you understand what Jesus meant when He said His “yoke” is easy?
3. Based on these verses, what is the connection between loving God, obeying His commandments, and finding rest? Have you ever found rest through obedience?

Read [Genesis 2:2-3](#) and [Leviticus 23:3](#)

4. What do these verses say about rest? Why do you think God rested from all work and commanded people to do the same? How easy is this for you, and what barriers and challenges do you face in finding rest?

Read [Psalms 103:1-5](#)

5. What does the passage from Psalms say is key to finding rest and renewal? Why do you think the author starts by repeatedly praising God? How can you apply this in your life?

## Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

## Look Ahead:

What is your body signaling about your need for restoration in your mind, spirit, or emotions? What is your mind, spirit, or emotion indicating about your need for rest?

## Notes

Some people will find physical healing only after they spend time on the mental and emotional aspects of their lives. Your body may be trying to reveal the condition of your mental and emotional health. If you want soul restoration, you must consider all the elements of your soul. Our mind, spirit, emotional state and physical condition are interrelated and impact each other.