

God's Pattern for Rest

Various Texts

DISCUSSION QUESTIONS

Intro: Tired of Being Tired

I. God's Blueprint of Rest (Gen. 1-2; Ex. 20:8-11; Is. 58:13)

1. How does Jesus' invitation to "come to me" and find rest connect to our own struggles with weariness and burden?
2. What practical and heart-level barriers keep us from embracing rest in our lives?
3. What practical steps can we take to build a life of rest and balance, both physically and spiritually?

II. Jesus and Rest (Mt. 12:1-14 Mrk. 6:31; Mt.11:28-30)

Application