

# RESTFUL

April 16, 2023

## MESSAGE RECAP

This week we started a new series focused on rest. We live in a culture consumed with distractions, busyness, and restlessness. From the moment we wake up until we fall asleep, we are overwhelmed with everything the world throws our direction. This week we said, “When we carry the weight it leads to restlessness, but when Jesus carries the weight, it leads to restfulness. What would happen if we decided to take Jesus up on his offer to give us rest? What would happen if we practiced the rhythms of rest set up from the creation of the world?”

## GROUP DISCUSSION

1. How are you...really? Tired? Busy? Restless?
2. After listening to the message, what stood out to you?
3. Read [Luke 22-24](#) and talk through storms you're facing. Which one of the following three do you identify with most? Why?
  - a. Being worried makes us weary.
  - b. Being busy leads to burnout.
  - c. Being distracted is dangerous.
4. Now read [Matthew 11:28-30](#) and talk through what that might mean for you to take Jesus up on the offer to learn from him.
5. “Every day started with REST.” Read [Genesis 1:3-4](#) What would it look like for you to prioritize rest in your schedule?
6. “Every week finished with Rest.” Read [Genesis 2:2-3](#) What would it look like for you to practice the Sabbath?

## PRAY

*End your group time in prayer.*