

“REST”

Growth Group notes ~ Steve Dunn 07/04/19

[NB: All questions are suggestions; the aim is fruitful discussion of Sunday's sermon, rather than mere repetition - ie, learning between us how to put it into practice]

1. What has stuck with you most from Steve's sermon?
2. THE WHY: THE REASON FOR REST
 - Read **Gen 2.1-3** and **Ex 31.17**, then **Ex 20.8-11**
 - Has this changed your own attitude to Rest?
 - What is your tendency: to work less or more than you should?
 - How has learning the Hebrew understanding of a “day” (*evening *then* morning*) alter your approach to Work and Rest?
3. THE HOW: THE ROUTE TO REST (Col 3.22-24)
 - Which of Steve's practical principles can you remember?
 - (If people struggle, here's a cheat list):
 - Rest is not “*doing nothing*”, it's “*active renewal of our body, mind and soul*”
 - Work = actively DOING; Rest = actively BEING
 - Leisure activities *may* not be restful; “*Self-comfort is numbing; Self-care fills the well of your soul*” (Sarah Bessey)
 - Know what recharges your batteries
 - A life without margins will show cracks very quickly
 - Seek space in your Daily, Weekly and Seasonal routines
 - Discuss these further between you, including ideas for what you've found works and doesn't work.
4. THE WHO: OUR SUPREME REST
 - Read **Matt 11.28-30**, preferably in the Message version, then also **Ps 23.1-3a**
 - Talk about how in Jesus we can find a permanent Rest that enables us to even work in a restful place
 - Pray for each other with this in mind