

Small Group Discussion Questions

Rest is not just a good idea; it's a God-ordained idea

God models the importance of rest in the very beginning of time.

*What in your life these days makes you weary? Where are you inclined to run hard and not rest?

*What words and images, positive and negative, come to your mind when you think about rest or Sabbath?

Rest is relinquishing control

It is an orientation of our heart that says we trust His provision as we rest.

Sabbath = 'Imitating God so that we stop trying to be God' – Mark Buchanan

*Discuss this quote – what does it mean?

*How have you found yourself trying to control things instead of resting? How does this impact your soul?

How does it impact others in your life when you resist Sabbath?

Read and discuss

Psalm 23:1-3 (ESV)

The LORD is my shepherd; I shall not want.

² *He makes me lie down in green pastures.*

He leads me beside still waters

³ *He restores my soul*

*How have you allowed the Lord to be your shepherd recently? How have you struggled with this?

*When has He 'made you lie down'?

*What are some cues that show you that your soul needs restoring?

Grace People rest and extend rest to others

*How does soul replenishing Sabbath help us be Grace People?

*What does it look like to help others rest?

: : This week, pick a segment from Psalm 23:1-3 that calls to your soul. Reflect on the words and ask the Lord to help you accept the gift of rest in Him.