

Living a Life of Rest

Focus

Background – God has called us to live a life of rest in the midst of a busy world.

Key Verse/Scripture Memory – Mark 6:30-32

Take Away – We must focus on Scripture to find God’s plan for rest and work.

- 1) Pray – that God would speak to our hearts and give us a desire to be healthy in the area of rest.
- 2) Briefly review the sermon outline. Have people read aloud a few of the scriptures covered and explain why they are important and meaningful.
 - I. How can we focus on rest in such a busy and demanding world?
 - A. Focus on Scripture
2 Timothy 3:14-17
 - 1) Make your own opportunities
Eph 5:15-16, Psalm 116:7-9
 - 2) Create Margin
Mark 6:30-32
 - 3) Let prayer be your guide, not the clock
Matt 5:6, Psalm 55:16-17

Use the following questions for further study:

- 1) Read Matthew 6:30-32. What issues were the disciples facing that prompted Jesus’ suggestion to rest? How did Jesus describe the place where they would find rest?
- 2) How do I create Margin in my life? What specifically needs to change?
- 3) What times of day would be good to focus on prayer? How do I make this happen?

- 4) In America, the average person reads for pleasure about 16 minutes per day. How can you find more time for reading, especially for reading the Bible?
- 5) As a society, we always must be going somewhere and doing something — and nearly every technological advancement at the popular level is meant to help us go and do more. What do you think about this?
- 6) Reflect on Jesus' command to, "*Come with me by yourselves to a quiet place and get some rest.*" (Matthew 6:31) Prayerfully ask God for wisdom to identify if there is an area of your life that could be inhibiting your ability to get true rest with Him. It could be anything from TV watching to social media to recreation. Consider abstaining from that activity for just one day and replacing it with an activity that will allow you to better rest in the Lord.

Additional Resources

- 1) *Margin: Restoring emotional, Physical, Financial, and Time Reserves to Overloaded Lives* – Richard Swenson
- 2) *The Divine Hours*– Phyllis Tickle
- 3) *Every Good Endeavor*– Tim Keller