

## Rhythms of Rest | Week One

### Introduction

God established a rhythm in creation and made it one of the ten commandments—work hard, then rest. What would your soul look like if you found rest physically, mentally, relationally, and emotionally?

### Conversation Starters (10 minutes)

- What is your worst vacation experience?
- Where do you best connect with God? (Spending time in nature, listening to music, exercising, performing acts of service, praying, meditating on Bible passages, etc.)

### Sermon Notes Review (15 minutes)

What challenged you, impacted you, or caught your attention from this weekend's sermon?

Main points from the message

1. Be with Jesus
2. Learn the way of Jesus
3. Do what He would do if He were you.

### [Watch the Video](#) (10 minutes) -

- Prepare to watch the video by opening your Bible to Matthew 11:28-29

### Group Discussion (45 minutes) - adjust time as needed

1. How is your soul? Is it full or empty, and why?
2. What things in your life cause you to hurry and “burn the candle at both ends”?
3. Read [Deuteronomy 5:12-15](#)
  - God commands us to rest because He loves us. Rest is a gift we easily forget about in our hectic lives. What do you think of when you hear the word “rest”?
  - How are you at taking time to rest?
  - What are some things that get in the way of rest for you?
4. Read [Philippians 1:9-10](#)
  - One of the things that Paul prays about in these verses is we will be able to “discern what is best” as we follow Jesus. If rest is one of these “best” things, what good things do you need to say no to so you can find rest the way Jesus wants us to?
  - Share about a time in your life when you gave up something “good” to make more time for something that was “best.”

5. Based on the group discussion, what are some things that you feel God is already challenging you to give up so you can rest in Him?
  - Share with the group what you plan to do with what God is showing you.

## Prayer (5 minutes)

Take some time to pray as a group. Ask God to show you those things that are getting in the way of rest and give you the courage and wisdom to do something about them.

## Announcements (5 minutes)

There is still time to register kids and students of all ages for camp! Visit [camp.sv.cc](http://camp.sv.cc) for dates, details, and registration.