

Sermon Discussion Guide

Sacred Practices: Rest

Exodus 20:8-11; Matthew 11:28-29

September 21 & 22, 2019

Part 1: Pray

Every time we study God's word, we should ask God to give us the Holy Spirit to prepare our hearts, teach us and mold us into who he created us to be. Ask God to reveal his truth to transform you through your discussion time.

Part 2: Read the Text

Read the passage(s) from the sermon and take note of its truths about God, who we are as his people and what's required to follow him.

Part 3: Reflect on the Sermon

Introduction

1. What was your experience with the sabbath growing up? What about in the raising of your kids?
2. Take some time to reflect on and share your weariness - what part of your life and the broken world we live in has you exhausted and burdened?

Sacred Practices: The Command to Rest.

1. Ray talked about God being passionate about rest and that he commands it to be a part of our regular rhythm of life. How is God's view of rest different from the world's view?

2. God designed rest for a number of benefits. What are some of the physical benefits and spiritual benefits of rest?
3. Share some of your favorite sabbath day practices? (e.g. a long walk; a nap; reading; enjoying an adult beverage?)

Sacred Practices: The Inability to Rest.

1. Our inability to rest comes from our deep inferiority, our belief that we are not enough and will never measure up. Have you ever thought of rest in this way? How is this true of you? (Note: This is not an easy question. In your Life Group, feel free to make this rhetorical if you'd like.)
2. Our inability to rest also comes from anxiety and our struggles to believe in God's provision. In what areas of your life (relationships, your vocation, your finances, etc.) do you find it most difficult to rest?
3. More than our tendencies to over-work, over-parent, etc. Ray said that the worst taskmaster is religion. What does this mean and why is it true?

Sacred Practices: The Provision to Rest.

1. The pathway to rest is grace. The grand news that you have dignity and worth apart from your work. Have you experienced God's grace - are you satisfied in it? What keeps you from enjoying God's grace?
2. How does grace change your life specifically - how does it allow you to rest? (Does it free you from needing approval; allow you to sleep better; help you to accept the ways God has provided for you; help you to accept the body you've given, etc.)

Part 4: Summarize the Message

How would you summarize the sermon to someone who has never heard it? What are your two or three key takeaways from the message and your discussion?

How does this sermon change your perspective on God? Your own heart? And/or, how to follow him?