

# HOW TO USE THIS GROUP GUIDE

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## CONNECT (10 MINS)

- Pick one or more of the warm-up questions and have all the group members give a response to the question(s).
- Make sure everybody gets a chance to speak. Don't let talkative people dominate the conversation, but graciously welcome everybody to participate.

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## TRUTH (15-20 MIN)

- Read the scriptures and paragraphs in this section to clearly communicate... what the Bible says about the week's topic.
- **"DISCUSS" sections:** These sections get people discussing the practical implications of the truth being discussed. Have one or two people give an answer, but don't spend too much time on these questions.

## GRACE (5 MINS)

- Read the grace scripture and section which shows how the passage points to Jesus Christ and God's grace.
- This section is really important, because it shows that life change begins with the grace of God and not our own efforts.

## **CHANGE (10-15 MINS)**

- Have everyone give an answer to each of the change questions.
- Take a good amount of time here. Really encourage people to think through how they can practically put truth into action.

## **PRAYER (10-15 MINS)**

- Read through the prayer focus points and have one or two people in the group pray.
- Make sure not to rush through prayer. The things we want God to change in our lives will often happen through prayer.

# THE ART OF REST



**WEEK 5: START TO STOP**  
GROUP DISCUSSION GUIDE



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# CONNECT

- ▶ Have you tried practicing rest since the beginning of this series? In what ways have you benefited from practicing rest?
- ▶ What have been some of the biggest obstacles for resting in God?

# TRUTH

Read Hebrews 4:1-11

God's Sabbath rest was so much more than just a day off; it was the rest for the soul that God offered his people Israel. But they failed to obtain it. The great news is that the promise of God's rest still stands, but we have to enter into it. If we're going to obtain the true "rest for our souls" that God brought in creation, we need to see what the Israelite's didn't and lay hold of it.

# HOW NOT TO ENTER GOD'S REST

Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. (Colossians 2:16)

The wrong way to go about getting at Sabbath rest is to become legalistic about resting for exactly 24 hours on Sunday. Jesus fulfilled the law and so as a disciple of Christ we have to determine how we should relate to the law. We have to fight against the tendency to become legalistic about the law, while still making sure we apply the principles of the law in the way Jesus intended. Becoming legalistic about Sabbath rest is wrong, but if we reject God's gift of rest, that's wrong too.

## DISCUSS

- ▶ What are some ways you find it challenging to understand and apply the Old Testament law to your life?



# HOW TO ENTER GOD'S REST

Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

(Hebrews 4:11)

This seems like a contradictory statement, but what we're striving against is the temptation to rush, to overextend, and to worship things other than God. If you believe in Jesus, you already have access to God's rest. Idolatry and temptation will try to compel you away from that rest. Disciples of Jesus "strive" by pushing back against the temptation from God's enemy to find rest in other things.

# DISCUSS

- ▶ What modern cultural pressures do Jesus's disciples have to strive against?

# GRACE

## REST FOR OUR SOULS

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.” (Matthew 11:28-29)

Being God’s people means being a people of rest. When we rest in Jesus, not only do we benefit, but we embody the solution to all people’s deepest need. Imagine if we were a non-anxious presence in an increasingly anxious world. Imagine the people who would long for what we’ve found. As St. Augustine wrote, “Our hearts are restless until they rest in You.”

# CHANGE

Here are some ways we “strive” against the things that would ruin the rest of our souls: avocation, sleep, worship, reflection, prayer, fun, and food.

- ▶ What cultural idols have you allowed to take root in your life? How can you strive against them?
- ▶ What are some “to-do’s” that you can adopt to help in your striving to enter God’s rest?
- ▶ What are some situations where people are very anxious that you can be a non-anxious presence?

Pray that we, as a church, would be a people of peace who display the antidote to the cares and anxieties of this world to those around us.



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