

HOW TO USE THIS GROUP GUIDE

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 3 : REST IS RESISTANCE

GROUP DISCUSSION GUIDE



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CONNECT

- ▶ Describe an experience in your past in which you felt significant peace.
- ▶ What is a project or opportunity you tried to handle yourself only to have it fail or not go as planned?

TRUTH

Read Luke 6:1-5

In this passage Luke gives us his account of an odd interaction between Jesus and a group of Pharisees who were the religious leaders at the time. When the Pharisees start to accuse Jesus and his disciples of breaking the Sabbath, he reminds them of a story from the life of David, Israel's most famous king. Jesus' point from the story was to show how the Pharisees fell into self-justification by using the law to make a name for themselves. This causes us to examine our two options: either we will get our justification from God, or we'll justify ourselves. When we practice rest, we resist the following symptoms of self-justification:

ANXIETY

“On a Sabbath, while [Jesus] was going through the grainfields, his disciples plucked and ate some heads of grain, rubbing them in their hands.” (Luke 6:1)

Jesus was literally on a mission to save the world, yet we see him resting on the Sabbath. We go through so much of our lives constantly stressing over different areas: finances, children, school, etc. But when we rest, it's an act of faith in God who cares about our finances, children, school, etc. True rest means we look to God and trust in him as our provider and the one who ultimately takes care of every facet of our lives.

DISCUSS

- ▶ What are the responsibilities you can't stop thinking about?

AUTONOMY

“And he said to them, “The Son of Man is lord of the Sabbath.” (Luke 6:5)

The Pharisees added 39 sub-rules to God’s Sabbath commandment, and they did it to suit themselves. They were getting their worth from their religiosity instead of from God. One of the reasons we struggle with resting is because we want to hold on to every area of our lives and remain in control. We fear that if we give it over to God that it won’t work out the way we want it to. The fact that Jesus is Lord means he’s far better at being in charge of our lives than we are. Frankly, to seize control from him is foolish.

DISCUSS

- ▶ Why do you think it's wiser to entrust authority to Jesus rather than seize it for yourself?

IDOLATRY

And Jesus answered them, "Have you not read what David did when he was hungry, he and those who were with him[?]" (Luke 6:3)

This final issue gets to the root of what's going on in our soul when we refuse to rest. By not resting, we show a lack of contentment for what God has given us. Jesus' story illustrates how David trusted God. His counter-point is that the Pharisees trust their reputation rather than God. Our rest is an act of resistance against the temptation to make *things* our god rather than God himself. It's an act of resistance against idolatry and a step toward contentment.

GRACE

Resting in God relieves us of the burden that he is willing to take on our behalf. Resting in him relieves us of anxiety, autonomy, and idolatry, and puts our trust in his goodness that he displayed most of all on the cross. If God would provide his only Son, Jesus, for our salvation, how much more will he provide for the rest of our lives. Because of that sacrifice we ultimately find that he is the greatest goodness we can experience... if we will rest in him.

CHANGE

- ▶ Out of anxiety, autonomy, and idolatry, what area do you feel you struggle with the most? What is the source of that struggle that you can begin handing over to God in prayer?
- ▶ What areas of your life are you holding on to instead of giving control to God?
- ▶ Why do you feel we tend to find comfort or contentment in areas of our lives other than God? What idols in your life need to be torn down so that God can be the sole object of your of worship?

As a group pray "Jesus is Lord" over the areas of anxiety, autonomy, and idolatry in each others lives.



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