

Sermon Discussion Guide - 5.15.22 Rest, Part 2: The Rhythm of Rest

Scripture: *Leader's Note: Below are some of the scriptures Pastor Jon used in this week's sermon. Attached is a simplified version of the discussion questions with the Scripture list that can be copy/pasted into an email.*

Main Scripture: Matthew 12:1-8

Supporting Scripture:

- Colossians 3:23-24
- 1 Corinthians 10:31
- Matthew 6:33
- Psalm 127:1
- Proverbs 16:3
- Isaiah 58:6-11
- John 4:10, 13-14, 35
- Psalm 46:10
- Isaiah 30:15
- Exodus 16:21-30

Discussion Questions:

*Leader's Note: If your time is limited, or your discussions run long, **focus on the bolded questions**. In addition to the bolded questions, as time allows, use only the remaining questions that fit your group dynamic best.*

- If you were planning a day of rest for yourself, what would it look like? Would you be looking forward to it? How rested do you think you would feel the next day when you went back to your regular schedule?
- **Read Exodus 20:8-10 and Matthew 12:1-8. What stands out to you from these passages, how are they connected? What point are the Pharisees trying to make? How does Jesus respond? What is he saying about the Sabbath? What are the Pharisees getting wrong about rest according to Jesus?**
- On Sunday, Pastor Jon said that rest isn't an event, it's a relationship? What does that mean?
- In Matthew 11:28 Jesus said "Come to me all you who are weary and burdened and I will give you rest." What do you envision this rest that Jesus offers is like? Does it resemble a perfect day of rest that you might plan for yourself? Why/why not?
- How does Jesus provide us rest in the midst of the chaos of our daily lives? Have you experienced His rest during a difficult time recently? What was that like?
- **Read Proverbs 16:3, Isaiah 58:10-11, Psalm 46:10, and Isaiah 30:15. What guidance do these verses provide for how we approach the chaos of this world and our daily lives in it? What do we learn from these verses, and from your sermon notes, about how to establish a life-long posture of rest?**
- How can you discern if you are walking in the will and purpose of God? Do you take time regularly to confirm this? How often do you spend time in silence before the Lord? How do these practices help guide us to the rest that Jesus has for us?
- Have you ever had a miserable day, then had an opportunity to help someone in a meaningful way? How did it affect your day? What does this have to do with the kind of rest Jesus offers? How do we know when to engage in service, and when to step back or say no to opportunities to care for others?
- What action is God calling you to take this week? How can your group be praying for you?

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