



#Struggles - Rest

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We are _____ because we are so _____;
because we are busy we are _____; we are tired,
but we don't know how to _____.

(Psalm 127:2 NLT) It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

Looking for Rest in all the Wrong Places

Rest is deeper than _____.

Rest is more than _____.

Rest is better than _____.

A Real Rest

(Matthew 11:28-30 NIV) ²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

(Matthew 11:28-30 MSG) "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take **a real rest**. Walk with me and work with me— watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

1. We rest in _____. (Hebrews 4:2-4 NLT)

2. We rest by keeping _____.
(Exodus 20:8-10; Hebrews 4:9; Psalm 46:10)

Four Principles:

1. _____
2. _____
3. _____
4. _____

3. We rest through _____. (Hebrews 4:11; Revelation 14:13)

Talk it Over: “Rest”

Big Idea:

As we wrap-up our #Struggles series, this Sunday’s message brought focus on why we are stressed out as a culture, and how we can pursue and participate in true rest. Today it seems that everyone is stressed! We are stressed because we are so busy and because we are so busy, we are tired. We don’t know how to experience true rest. True rest is more than just sleep, it’s more than just time-off from work, and it’s more than a vacation. We can experience real rest by resting in our salvation, by keeping a Sabbath, and discovering the significance of the purpose God has for us.

Discussion Questions:

- Are you or have you been stressed out? Can you describe what it’s like to have a full schedule but still feel like your time is spent in ways that lack significance?
- What is the difference between escapism and real rest? How can you implement times of rest into your daily/ weekly/ monthly life?
- How can you create times where you truly rest? Times that are refueling you instead of just escaping the toils of life? What would a time like that look like for you?
- What are some signs that you aren’t experiencing the kind of rest God wants you to?
- Is “stillness” even something you want? What would you give up to get it? Why might you avoid being still & silent?

Prayer Focus This Week:

Thank God for his promise of rest. Ask that He give you new ideas on how to pursue Him and find real rest in Him. Ask Him to calm your soul so you can be still & go throughout your day in a posture of resting in Him.

Next Steps:

- Go into your settings & set a 30 min limit on your social media apps. You can always extend the time, but this will help us realize how much time we’re actually investing.
- What actions will you take to seek true rest from Christ?
- What change will you make this week to get rest for your soul?
- What steps will you take to “do your best to enter into His rest”?
- Make a commitment this week to block out a 24-hour period to practice Sabbath rest. See how applying this biblical principle impacts the remainder of your week.
- Try to sit in silence for just 5 minutes 3 days this week.
- Memorize Jesus’ invitation in Matthew 11:28-30

Additional Resources:

- *Emotionally Healthy Spirituality* by Peter Scazzero