Introduction: Help your group members engage with the subject.

Enlist a volunteer to read the following quote:

We’re prone to want God to change our circumstances, but He wants to change our character. We think that peace comes from the outside in, when in reality it comes from the inside out. Our hearts carry in them their own war or peace, depending on who is in control, Christ or self. Jesus Christ brings peace because He is peace. The more we become like Him, the more we experience His peace and can share it with others.

Instruct your group members to share their opinions and insights regarding the quote. Allow time for 2-3 people to respond.


Point 1: Help your group understand the major theme.

Fanny Crosby’s famous hymn “Great is Thy Faithfulness” is helpful in connecting us to the major theme of this point: God promises victory for His people over their enemies. Play the song “Great is Thy Faithfulness” (4 minutes, 39 seconds) performed by Chris Rice, available at https://www.youtube.com/watch?v=0k1WhFtVp0o.

Before you play the song, ask your group to listen to the words and identify two areas mentioned in the song that tell us about His faithfulness.

Point 2: Engage group members to examine their faith in God.

It is easy to trust God when the enemy isn’t present, but it is an entirely different story when the enemy is at our doorstep. Enlist a volunteer to read the article below. Ask the rest of the group to listen and comment on how the article complements the content for Point 2 of the session.

In Greek mythology, Nike was the goddess of victory. Nike fought on the side of the Olympian gods, gaining a victory over the mighty Titans. As a result, she became a symbol of winning. But Nike’s alleged powers were not just limited to warfare. She also became a favorite goddess of athletes who
wanted to win in competitive sports. The Romans adopted her into their worship and gave her the Latin name Victoria.

In the Greco-Roman world where Paul taught, victory was highly valued. So when he expressed Christian truth, he used words his audience could understand. In his letters, he described Christ as the One who leads us in a military procession of triumph (2 Cor. 2:14-17) and compared the Christian life to someone training for the ancient Olympic games (1 Cor. 9:24-27).

Paul also used the word for victory in reference to our struggles with those who intentionally hurt us. “Overcome [be a victor over] evil with good” (Rom. 12:21). This may mean returning kindness for spite or respectfully setting limits on evil behavior. In either case, an attitude of love cannot be generated in our own strength. But in Christ, we have divine power that ancient pagans could only hope for. Jesus Christ is the genuine God of victory.


**Point 3: Stimulate your group’s thinking.**

During the week before your group meets, enlist a volunteer to read the following article, “3 keys to enjoying a Sabbath rest”:
https://www.preacherchristianity.com/Blog/3-keys-to-enjoying-a-Sabbath-rest

When the group meets, allot time for the volunteer to summarize the article for the rest of the group. Then raise the following questions for discussion:

- Why does God provide rest for us?
- What are some of examples of how He does this (e.g., day and night, Lord’s Day, etc.)?
- When are some good occasions to make time to rest?

**Conclusion: Challenge group members to live the session.**

Divide the larger group into 2-3 smaller groups. Instruct them to read Matthew 11:28-30. Ask them to share their insights on the rest that Jesus provides. Some questions to stimulate their thinking could include the following:

- What is the source of rest?
- Why do we need rest?
• How is Jesus’ yoke compared and/or contrasted with other yokes?

After a few minutes, instruct the groups to each appoint a spokesperson and then allow them to take turns relating their insights to the larger group.

Teaching Tip of the Week

Any time you try something new, like active learning techniques, there is a danger in focusing so much on the activity for its own sake that your group members miss the main point of the session content and fail to reflect on what they are learning. The main value in active learning comes from thinking about the activities after they are completed and openly discussing their meaning with others. Ensure that your presentation of the session content incorporates active learning techniques that include suggestions and prompts that help group members reflect on what they have just experienced. If the group cannot link the activity to a point of learning emphasis, then the activity did not accomplish its intended goal.