



AUGUST 20, 2023
COME AND REST
MARK 6:30-44

Introduction: Performancism: the mindset that equates our identity and value directly with our performance.

1. The problem: Performancism is exhausting.
2. The good news: Jesus doesn't ask us to perform.
3. Instead: Come and rest

Reflection Questions for Groups or Individuals:

1. *We learned today about "performancism." We said that performancism is a prevalent issue in our culture. Can you remember a time in your past when you first felt the frustration of performancism?*
2. *As you take stock of your life right now in this moment- what signs are there that you are buying into the mindset of performancism?*
3. *At the end of the service, we took some time to ask God some questions. Perhaps this would be a useful exercise for you to do regularly if you find yourself drawn into performancism.*
 - a. *Quiet yourself with deep breaths in and out. Ask God to help you hear from Him in these few moments.*
 - b. *Knowing you are loved fully by God- ask God to show you any area in your life where you have bought the lies of performancism, that you are what you produce. In these next quiet moments, ask Him to show you where you are anxiously striving instead of resting in His love for you.*
 - c. *Ask God to remind you who you are in Him. Ask Him to bring to mind a phrase or Bible verse about who you are, how He wants you to rest in Him.*
 - d. *Finally- consider if there are any rhythms God might be inviting you to engage in this fall so that you have time to rest. Is there an invitation from Him to engage in a regular practice of REST so you can combat the pull of performing?*