



## Thrive: The Role of Resting

Matthew 11:28-30

### Read Matthew 11:28-30 together:

*“Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light.”*

- ? Where do you usually look for rest when you're tired or worn out?
- ? How do Jesus' words show us that he offers true rest that other things we turn to can't provide?

### Biblical rest is not just reactionary but also meant to be proactive.

- ? The Sabbath shouldn't just be a catch-up for last week but a catalyst for next week. How might seeing rest as a starting point rather than something to work towards change the way we rest?
- ? Read Genesis 2:1-3. The Hebrew word “*shabbat*” means “*to stop*.” How does God resting (or stopping) on the seventh day show us the purpose he has for us in rest?
- ? Read Genesis 2:15. Pastor Dusty shared another Hebrew word, “*nuakh*,” which means “*to dwell or settle*.” Have you ever made the connection between rest and dwelling with God? How does dwelling with God lead to real rest?
- ? True rest requires intentionally stopping our regular routines and intentionally dwelling with God. Which of these two factors challenges you the most? Is it harder to put down your work and hobbies or to make time and space to dwell with God?

### Biblical rest is not about taking control but giving up control.

- ? Read Mark 4:36-40. Have you ever felt like you needed the right circumstances to have true rest? How do Jesus' words and presence show us that circumstances aren't our source of rest?
- ? Why do you think we try to take control so often? What does this desire show us about ourselves?
- ? What are some areas where it's hard for you to give up control? How does Jesus calming the storm change the way you see those situations in your life?
- ? How does knowing that Jesus is with you in your stress enhance your capacity to rest? How does it feel to know that you don't need to control everything in your life to have real rest?

**Biblical rest directly reflects the gospel God has called us to.**

- ? Read Romans 5:5. How does knowing the Holy Spirit dwells in us as believers encourage us to rest?
- ? Read Deuteronomy 5:15. How does knowing our salvation depends on God lead us to truly rest in him?
- ? Biblical rest calls us to remember who God is and how he saved us. What can you remember this week about who God is and what he's done so that you can rest in him?