

Series: #Struggles

Sermon: Rest

March 5, 2017

1. On a scale of 1 – 10, how addicted to technology are you and why? (1 – Not addicted; 10 – I need an inpatient program)
2. Which app, game, or form of media is the biggest problem for you?
3. Carey Nieuwhof, speaker and author, states, "Like money, social media is a great servant but a terrible master." What do you think of his statement?
4. Do you think there is a connection between our obsession with our phones and our fatigue?
5. How full is your "gas tank" in the following areas: Physically, Emotionally and Spiritually? Are you on empty, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or full? If you are not full in an area, what could you do to fill up that area?

Physically

Emotionally

Spiritually

E $\frac{1}{4}$ $\frac{1}{2}$ $\frac{3}{4}$ F

E $\frac{1}{4}$ $\frac{1}{2}$ $\frac{3}{4}$ F

E $\frac{1}{4}$ $\frac{1}{2}$ $\frac{3}{4}$ F

6. What in your life steals your rest and peace?
7. How would you feel if you skipped all online media for a day? A week? A year?
8. What are some signs that you aren't experiencing the kind of rest God wants you to?
9. Read Genesis 2:1-3, Matthew 11:28-29 and Hebrews 4:9-11. What do these verses say about rest?
10. What change(s) will you make this week to get rest for your soul?