



## Group Questions | November 27 | Week 4

### CONNECTION

This past week was Thanksgiving, and Christmas is just four weeks away. What are your favorite parts of this season?

And what would you say are the more stressful parts of this season?

### TENSION

Travis began his message on rest in the book of Ephesians this week. Can someone read Ephesians 6:10-12?

This verse makes it very clear that we need to put on the armor of God because the devil's schemes are coming, one way or another. While we often want to live restful and peaceful lives, that usually gets interrupted by unexpected or unwanted life events. How do you see the devil's schemes keeping us from having a life of rest Like Jesus?

The unfortunate reality is that even Jesus had to fight these same schemes. And throughout the gospel letters, it seems Jesus fights them by finding ways to rest and slow down. How do you typically handle those difficult moments that life can throw at you?

### TRUTH

Now we need to look at and discuss how Jesus found rest. And what rest actually meant for Jesus. But before we do that, what does rest usually mean to you? What does it look like for you and your family to find rest? What do you do, or where do you go to find rest?

Now there are four parables that Jesus teaches throughout Mark chapter four. The parable of the Sower, A Lamp, A Growing Seed, and a Mustard Seed. And while much can

be learned from these parables, a common thread is that the Kingdom of God is unstoppable. Actually, can someone read Mark 4:26-29 and 30-32?

Inside this truth of the Kingdom of God is what Travis pointed out gave Jesus the ability to rest amid great chaos. What truth behind these parables should provide us with the same rest that Jesus found in them?

Can someone read Psalm 46:1-3 and verses 10-11?

How do verses like this, paired with the truth that the Kingdom of God is an unstoppable reality, coming more and more true every day, help us fight the schemes of the devil? How do these truths help us find rest in the middle of a chaotic and busy life?

## **APPLICATION**

Now it's one thing to talk about finding this kind of rest and using it to fight off the chaos of life. But on a practical level, how can we get this truth planted deeply in our souls, to our very bones?

Can someone read Mark 1:35, Matthew 14:23, and Luke 5:16?

Why do you think Jesus did this so often? What can we learn from this in our own lives? What kinds of things stand in the way of making this a priority in our lives?

## **PRAY**