

“And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.”

Week of 11/9/2014 – Rest Part 2

Food and Fellowship:

Take time to enjoy some food and fellowship together, afterwards move the discussion to where you can all sit together.

Prayer:

Take a few minutes to share prayer requests individually. As each person shares, give opportunity for someone in the group to commit to pray for the requests that were just shared. After all of the prayer requests have been shared, take a few minutes to pray over the requests. One person should begin praying with a person designated to close after everyone who desires to pray out loud has prayed. One person can pray for all of the requests also...the goal is to feel comfortable sharing and have opportunity to open up with prayer.

Reflect:

Take a few minutes to reflect on the Sermon from the most recent Sunday.

- What sticks out in your mind?
- What principle/principles did you glean?
- How do you plan to apply some of the principles personally from the sermon? Please share.

Looking In:

Genesis 2:1-3

Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Exodus 20:8-11

⁸ “Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Psalms 127:1-2

**Unless the LORD builds the house,
those who build it labor in vain.
Unless the LORD watches over the city,
the watchman stays awake in vain.**

**² It is in vain that you rise up early
and go late to rest,**

**eating the bread of anxious toil;
for he gives to his beloved sleep.**

Discussion Questions:

1. What is the culture's view of success and how it is achieved? How does this compare with what the Bible teaches on how a life is constructed and protected?
2. Take opportunity to describe your typical week. Do you find it difficult to take time for rest? What seems to get in the way? What can you remove from your schedule to provide more time for rest?
3. Describe your typical sleep patterns. If on average we are to get somewhere between 7-8 hours of sleep a night, how does your typical day compare?
4. We often spend our days/nights worried about tomorrow. How does Matthew 6:25-34 speak to that tendency? What are some observations and principles that you can draw from the text that can be applied to your life right now?
5. The only application from this week is get more sleep. What practical steps will you take to live that out in your daily life? Have you planned your day of rest? When do you plan to set aside a day unto the Lord for worship and restoration?

Next Message: Rest in Him

Close:

Take a moment to close with prayer