

Habits of Grace: Resting Various Scriptures

- God rested

- Jesus rested

- Rest is offered to us

QUESTIONS FOR FURTHER REFLECTION:

1. How would you answer the question, “how’s it going?” Did any of the comments James read resonate with you?

2. Read Matthew 11:28-30 and share your thoughts.

3. Do you think of rest as a habit of grace? Explain.

4. What do you think of the idea that God the Creator and Jesus the God-Man both rested?

5. On a scale of 1-10, how well do you practice the discipline of rest?

6. What will you do to rest this week?