



Message Discussion Questions

April 23, 2023

SERIES: Fill the Well

SERIES WEEK: #4

MESSAGE: The Gift of Rest

COMMUNICATOR: Pastor Ken Loss

MAIN TEXT(S): Exodus 16:22-30; Hebrews 4:1-4

QUESTIONS TO CONSIDER:

1. Do you have a rhythm of work and rest in your life? Why or why not?
2. How does our culture make us feel guilty about taking some rest? How does our culture promote too much rest, leading to laziness (a sin)?
3. How might your life be different if your body and spirit were in alignment with a work and rest rhythm?
4. Are there things you can cut out of your schedule in order to receive the gift of rest that offers you?
5. What are some ways you can decrease your availability one day a week in order to have some meaningful rest?

TAKE ACTION:

Choosing to **act** on God's truth is what brings transformation.

Give is at least ONE way you can take action in response to the message?

NLA exists to show people the way to life in Jesus.