

## TALK IT OVER

### Key Scriptures

*As he [Jesus] walked along, he saw Levi son of Alphaeus sitting at the tax collector's booth. "Follow me," Jesus told him, and Levi got up and followed him.*  
Mark 2:14 NIV (Emphasis added.)

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*  
Matthew 11:28-30 MSG

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Whoever finds God, finds life.

More of God's truth all week long at [finds.life.church](http://finds.life.church)

Let Pastor Craig lead your LifeGroup.

- Pastor Craig partnered with the *You've Heard It Said* podcast to create bonus LifeGroup content for *A Better Way*. Find the second episode at [www.go2.lc/betterrest](http://www.go2.lc/betterrest)

Start talking. Find a conversation starter for your group.

- What activities help you feel truly rested?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- Is it easy or difficult for you to take time to rest? Why do you think that is?
- What three things matter most to you? Why did you choose these things, and how can you prioritize them?

Start sharing. Choose a question to create openness.

- When life feels rushed, it's usually because we are running from something or running to something. Share a time when you experienced this. What are you often tempted to run to or run away from?
- What will you do to walk slowly enough to experience Jesus fully and love people deeply? How will you know when you're doing this well?

Start praying. Be bold and pray with power.

*Father, show us what it's like to be present in the moment. Help us walk slowly enough to experience You fully and love people deeply. In Jesus' name, amen.*

Start doing. Commit to a step and live it out this week.

- Take time each day this week to pray: *God, help me walk slowly enough to experience Jesus fully and love people deeply.*
- Start the *A Better Way* Bible Plan using Plans With Friends: [www.go2.lc/abetterway](http://www.go2.lc/abetterway)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.