



This IS US Pt. 1
Real Rest

LifeGroup Discussion Guide
for the week of 5/12/2018

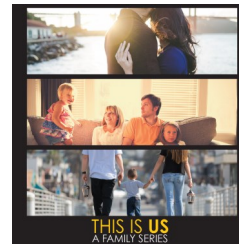
CONNECTION

- [1] What situation in our life now makes you so weary and tired in your soul?

OBSERVATION & INTERPRETATION

Read Mark 5:35-43

- [2] When Jesus said "Don't be afraid, just believe," he had heard the negative report and ignored it. How can we "believe" in the midst of terrible news?
- [3] Jesus only allowed Peter, James and John to accompany Him in to pray for the little girl. Surrounding yourself with agreeing and like minded, spiritually mature people of faith during a crisis is crucial. Why?



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APPLICATION

[4] Drawing near to God and believing Him for answers to our needs can be an exercise in enduring patience, as well as simply believing He wants to provide for our needs. What keeps you from drawing near to God and believing? What most helps you draw near to God and believe?

[5] Resting in God's grace in His presence allows us to handle life's challenges without giving up or wearing out. How can you enter that REST daily?



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