

Rest requires simplicity

Summer 2014

Tom Shaw continued our REST series looking at Exodus 15-20. In Exodus the people of Israel are set free from slavery and God is preparing them to be worshipers of Him. Between these two parts God takes them through a wilderness, where we are focussing in this series. Through this they released from a performance mentality, and set a foundation for rest.

We are looking at eight keys through these chapters at how we can embrace God's rest, which will allow us to worship Him truly. This talk was about how simplicity in our lives can allow us to draw closer to God.

Scripture

Exodus 16:1-4, 13-15

References

Hebrews 3:10-11	John 6:30-40
Acts 2: 42-47	Matthew 18 19-20
Psalms 131	John 5:39-47
I Corinthians 8 1-2	Psalms 27:3

Overview

Tom shared about how for us to have rest in our souls requires simplicity in our lives in our lives in our physical, mentally, emotionally and social aspects. His talk was outlined as follows:

follows:

- Two lifestyles are described:
 - Egypt style
 - Simpler but supernatural
- A simpler life through and through:
 - Mentally
 - Emotionally
 - Socially

Questions

1. When you think of rest in your life, what kind of things do you look forward to?
2. In the passage in Exodus why do you think God provided miraculous food to the Israelites?
3. In Jesus' life how do you think he managed the limits of his social capacity and his spiritual life?
4. What practical things do you find can help you calm yourself before God?
5. How do you think we can grow in embracing simplicity in our lives?

Tags

Rest, enjoying, Renewal, Learning