

Rest requires letting go

Summer 2014

Martin started our new REST series journeying through Exodus 15-20. Throughout this series we're going to see eight keys that God gave to his people to lay a foundation of rest in their lives. In this talk we looked at the first key: that rest requires letting him go.

Scripture

Exodus 15:22-27

Overview

We journeyed through the above passage seeing that the world would tell us that rest requires us being in control. God allowed the Israelites go through life in threatening; difficult and challenging circumstance, but he didn't leave them there. He beautifully demonstrated that we can let go because He is in control. He both empathises with the hardships we face and the power to overcome! He showed this to the Israelites through a tree been thrown into the waters and he proved it to us with his death on a tree and resurrection.

Questions

1. What challenges do you face when thinking about rest?
2. What can we learn from Ex15:22-24?
3. Why is it important for us to know God empathises with our challenges (v25)
4. How does God's promises from verse 26 help us let go and trust God?
5. How could God's rest bless your friends, neighbours & colleagues?

Tags

Rest, Control, hurt, pain, empathy, victory