

# Rest requires poise

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*Summer 2014*

Recently Tom shared a sermon towards the middle of our Rest series. We have been looking at how we can be set free from feeling a sense of drivenness in our lives and be released into rest in God.

When we follow God there can often be a cost to this in our lives. Our response to these challenges can reflect where our perspective of God.

## **Scripture**

Exodus 17 1-7

Isaiah 30:15

## **Overview**

In the passage the people of Israel grumble against Moses, as there is no water to drink. Through this we see two responses to the situation:

- The natural response – frenetic, reactive and exhausting.
- The supernatural response – composed and poised.

## **Questions**

1. If you were in Moses' place what do you think your response would be to the people's problems?
2. What do you think it means to be rooted and grounded in God's love?
3. When people around you share views that you may not agree with do you find it easier to nod along or stand your ground?
4. How do you think we can grow in having God's perspective on the world?

## **Tags**

Belief, dependence, giver