



CENTER  
GROVE  
CHURCH

Biblical Rest  
Psalm 23:1-3

**DISCUSSION GUIDE:**

1. What is Biblical rest?
2. Have you ever had a time in your life where your failure to rest led to you being sick or burnt out? What was that like?
3. What are some signs we need to rest?
4. What is the difference between distraction and Biblical rest?
5. What are some things that refresh you spiritually, replenish you physically, and renew you emotionally?