

RHYTHM OF REST

God Created a Rhythm of Rest

- Genesis 2:1-3

A Hurried Lifestyle is Rooted in a Distrustful Heart

- One of the Many Reasons We Need Rest

Rest Creates *Dependence* on God

Your “Next Thing” can be a distraction from God’s “Best Thing”

- Avoid Hustle and Hurry in the Pursuit of God

The Beauty of Life is Not Found in the “Doing”, but the “Being”

- That’s why We are Called Human *Beings*, not Human *Doings*!

Discussion Guide

- What do you think of when you hear the word “rest”?
- What would you say your internal battery is at?
- What are some of the times you have felt the most rested and at peace?
- How much time do you spend consuming information? (Social Media, News Outlets, etc.)
- What bad habits or rhythms do you think you need to break?
- What good habits/rhythms do you feel you need to start?
- How are some ways that you distrust God?
- What examples of hurry can you identify in your life?
- What do you depend on God for?
- Have you ever tried having a day of rest (Sabbath)?
- When was the last time you were silent before God?
- Who can hold you accountable to practicing the rhythm of rest this week?

Be *with* Jesus.
Become *like* Jesus.
Do what Jesus did.

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