

## Summary

In today's sermon, we explored the importance of prioritizing rest in our lives, using the analogy of a jar filled with rocks, pebbles, and sand to represent our priorities. The key message is that rest is not just a luxury but a command from God, essential for living a full and meaningful life. By setting aside time for rest, we can better focus on our relationship with God and be more effective in our daily lives and ministries.

## Intro Prayer

Heavenly Father, we come before You today with open hearts and minds. We ask that You guide our discussion and help us to understand the importance of rest as You have commanded. May we be receptive to Your wisdom and find ways to apply it. In Jesus' name, we pray. Amen.

What is your favorite way to relax and unwind after a busy day?

# Key Verses 1. John 10:10 2. Mark 6:30-32 3. Genesis 2:2-3 4. Exodus 20:8-11 5. Matthew 11:28

## Questions

1. What stood out to you the most in today's sermon?
2. How do you currently prioritize rest in your life?
3. Why do you think God commanded us to rest?
4. How can rest improve your relationship with God?
5. What are some practical ways you can incorporate rest into your weekly routine?
6. Have you ever experienced burnout? How did it affect you?
7. What are the 'big rocks' in your life that you must prioritize?
8. How can you set boundaries to ensure you get the rest you need?

## Life Application

This week, challenge yourself to set aside one day for rest and reflection. Use this time to focus on your relationship with God, relax, and recharge. Make a conscious effort to say 'no' to additional commitments that could interfere with this time.

## **Key Takeaways**

1. Rest is a command from God and essential for a full life.
2. Prioritizing rest helps us focus on our relationship with God.
3. A full calendar does not equate to a full life.
4. Resting is an act of obedience and a demonstration of faith.
5. Setting boundaries is crucial for maintaining a balanced life.

## **Ending Prayer**

Dear Lord, thank You for the gift of rest and the wisdom to prioritize it in our lives. Help us to set boundaries and make time for what truly matters. May we find peace and rejuvenation in You, and may our lives reflect Your love and grace. In Jesus' name, we pray. Amen.