

# Participant's Guide



# Week 1: Rest in Community

**Main Idea:** The goal for Week 1 is all about getting to know the other members in your group. Have fun and participate.

## Q&A Time:

1. What do you hope to get out of this time together over the next six weeks?

## Next Steps:

This week's next step is to simply exchange contact information with at least one person in the group. Reach out to them this week!



# Week 2: Slow Down

**Main Idea:** Our goal for Week 2 is to learn about the common lies that lead to busyness and how to practically combat them to find rest & peace in your life.

**Ephesians 5:15-17:** So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do.

## Q&A Time:

1. What do you do to rest or recharge? What keeps you from getting the rest you need?
2. There is a difference between being "Busy" and "Productive" and it has everything to do with our choices. Have you ever felt like you worked really hard, but had nothing to show for it? Why do you think this happens?
3. Ephesians 5:16 encourages us to "*make the most of every opportunity...*" What are some areas in your life that you need to make a priority?
4. What does a lack of rest say about our trust in God? **Read:** Psalms 127:2, Matthew 6:25 - 34.
5. The Sabbath is a day of rest and worship. How does taking a "Sabbath" emphasize rest and priorities in your life?

## Next Steps:

What is one good thing you can say "NO" to this week, that will allow you to say "YES" to the great things?



# Week 3: Inner Rush

**Main Idea:** The goal of Week 3 will be to discover what is fueling our “inner rush.” Our goal is to find lasting contentment and approval that will lead to inner peace.

**Philippians 4:10-13:** I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

## Q&A Time:

1. What does it look like to have “margin” in your life? What area(s) does it feel like you never have enough time? What does your “screen time” say about how you spend your time?
2. Our culture has one speed...FAST! In what ways does our culture drive us? In our jobs? Our families? Our relationships? Our free time?
3. Which of the following primary causes for hurry in life do you struggle with the most? Not managing your time wisely, being a people-pleaser, or being unsatisfied?
4. We’ve all struggled with being unsatisfied at one point in our life. What does Paul say is the key to combating this in Philippians 4:10-13?
5. Being a people-pleaser (or perfectionist - which seeks only to please ourselves) is something most of us struggle with as well. Whose approval should we ultimately seek? **Read** Galatians 1:10 What does it look like to seek out God’s approval instead of people’s?



## **Next Steps:**

What is one step you can take this week to start learning to be content in every aspect of your life?



# Week 4: Soul Rest

**Main Idea:** The goal for Week 4 is to learn how to come to Jesus and find the true rest that our soul needs.

**Matthew 11:28-30:** “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

## Q&A Time:

1. What is something that wears you out?
2. Some of the most difficult things we face are the burdens we carry - our emotions, unanswered questions, finances, fears, plans for the future, relationships. Which of these (or others) do you struggle with?
3. Matthew 11:28 - 30 says “Come to me...and I will give you rest.” How can we “come” to Jesus?
4. Jesus didn’t live by pressure but by priorities. One cause of anxiety is me trying to control everything. What are some areas of your life that need to be surrendered to God?
5. What is holding you back from surrendering these areas of your life?

## Next Steps:

James 4:10 tells us the key to giving over control of our life is to “humble ourselves before the Lord.” How can you put this into practice in your life this week?



# Week 5: Rest Through Purpose

**Main Idea:** The goal for Week 5 is to learn how rest can come from placing Christ at the center of our life and fulfilling the purpose he has for us.

**Ephesians 2:10:** “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

## Q&A Time:

1. What 3 words would you use to describe yourself? Would others use the same 3 words or different? Why?
2. How we spend our time and what we think about most reveals what we value. Using the past few weeks as a gauge, what have you placed value on?
3. Ephesians 2:10 tells us that God has a purpose for each of our lives. How does what you do connect with God’s purpose for your life?
4. What is the difference between putting Jesus first and having him at the center of your life? **Read 1 Cor. 10:31**
5. How can your talents, gifts and life-story be used to accomplish God’s purpose for your life?

## Next Steps:

Sometimes we can be inconsistent in the message we are communicating with our life. What is one thing you can do this week to put Jesus in the center of every area of life (work, school, home, etc.)?



# Week 6: Congratulations!

**Main Idea:** The goal of Week 6 is to celebrate the completion of your 6-week journey!

## Q&A Time:

1. What has been your favorite part of our group?
2. What is one thing that has changed in your life as a result of being a part of this group?
3. How can you apply what you've learned during this study to experience true rest in your life?
4. What are some next steps we can take as a group? Do you want to continue meeting? Start new groups by becoming a host yourself? Attend Life Track? Take a break? Find a project we can serve in together?
5. Our approach to groups this semester has been brand new. What are changes we can make to improve the group experience?

## Next Steps:

Read John 15:12-13 together. Discuss ways in which the relationships you've developed can continue even if your group no longer meets together.

