



Encounter Week 3 – Rest **Small Group Discussions**

ICE BREAKER:

What is one place, activity, or time where/when you experience(d) rest?

VIDEO REFLECTION:

Is there something that stuck out to you from the videos? (*Questions, thoughts, concerns*)

SCRIPTURE:

Genesis 2:2 — Why is God resting on the seventh day so important as an example for us?

Matthew 11:28-30 — Whose responsibility is it to provide rest? What does this passage insinuate about our need for rest, and the way we receive it?

Hebrews 4:9-11 — What is the invitation of this verse? What is one thing that this verse states interrupts our ability to rest?

Mark 2:27 — What is Jesus saying in this verse? Why is this important?

DISCUSSION:

1. Do you find rest easy or is it more difficult for you? Explain.
2. What do you find are some of the biggest obstacles (enemies) of rest in your life?
3. In your life how is rest a discipline of trust?
4. What are some signs in your life that you need rest?
5. Is there someone in your life that is able to recognize when you need rest? What does that dynamic look like?
6. This weekend we discussed the power of applying grace to ourselves. Rest is one of the ways that we can do that.
7. How is rest an act of applying grace to our own lives?
8. What are some ways that you struggle applying grace to your own life?
9. What are some things that God is speaking to you about this week, how can we pray for you?