

LIFE GROUP GUIDE

CATCHING UP

SUGGESTED TIME: 10-20 MINUTES

As a family, we take time to catch up on the ups and downs of life. **What can we celebrate with you this week? Is there anything you need prayer for?**

IMPACT

SUGGESTED TIME: 10-20 MINUTES

Each week, we take time to remember that we are all on a mission to make disciples! We bring the Kingdom into our workplaces, neighborhoods, and homes. **Who are you pursuing right now?** Take a moment to pray for those people.

PAUSE

SUGGESTED TIME: 1-2 MINUTES

Before officially beginning group time, have someone lead the group through a pause prayer. Take a few deep breaths. Give everything and everyone to God. What do you need to let go of? Open your heart and mind to hear from Him and ask the Spirit to lead and guide everything that follows.

SERMON DISCUSSION

SUGGESTED TIME: 20-40 MINUTES

Sermon Discussion is a time to continue processing the truths from the sermon and God's Word together. *Have someone read Proverbs 11:10, Ecc 2:22, and Mark 2:23-3:6.* **What do we see in these verses? What do we see about God in these verses? What might it look like for you to thrive this week? What would it look like for our city to rejoice? What can make Sabbath feel crushing to you instead of caring for you? What truth from the sermon encouraged you? Convicted you?**

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ENGAGE THE HEART

SUGGESTED TIME: 20-40 MINUTES

Jesus invites all who are weary to come to Him, and He will give us rest. When we are open and honest about our sin, we are coming to Jesus. We are receiving His cleansing, His forgiveness, and His rest. We don't have to work to earn that rest. He offers it as a gift of grace. So, as we confess our sins, let us freely receive the rest that Jesus is offering to our souls!

[John 15:4, 1 John 1:8-9, James 5:16, and 1 John 1:5-10]

1. Cast vision for this time.
2. Confess sin.
3. ***Prayerfully listen for God to lead.***
4. Dig deeper by asking questions.
5. Give gospel assurance to one another.
6. Pray.

Where are you carrying the weight of the world? In what ways are you restless? Is there something you are avoiding by refusing to rest? What obstacle do you feel is in the way of you resting? Is there anything disrupting your union with God? What is the good news of the gospel for what has been confessed?