

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 open God's Word together and be encouraged as we reflect and continue processing the sermon. *Have someone read Ecclesiastes 2:18-25 and Matthew 11:28-30.* **What do we see in these verses? What does restlessness often look like in your life? What does it mean for Sabbath to be built into the rhythm of creation? What often happens in your life when you aren't getting rest? How did sabbath push back against the slave mentality that the Israelites had? How does it help us resist the empire? What does Sabbath show us about the character of God? How does Jesus's work on the cross make a way for us to rest?**

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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?