



DISCUSSION QUESTIONS

How do you rest and get rejuvenated?

What are the circumstances under which you have felt completely rested?

Is there someone you have met in life that seems to have rest figured out?

What does rest for your soul look like vs rest for your body?

Read Matthew 11:28-30 NLT

Do you experience rest as a state of being or a fleeting moment?

Are there things in your life that leave you feeling weary or burdened?

How does Jesus' invitation resonate with you?

Read Luke 8:22-25 NIV

When you are troubled do you go to God first or last? ~~~~

Are you prioritizing your soul's engagement with Jesus? How are you being intentional about it?

DINNER

GROUPS