

Week 3- “The Lord of the Rest”

We live in a world full of conflict and tension, which makes it difficult to find a deep sense of acceptance and value. We tend to strive in order to prove that we are good enough. In this week’s message, we look at something Jesus said that has huge implications for our lives that can give us real rest from our striving.

1. What do you turn to for rest when stress and tension from life weigh on you? Do those things provide real rest?
2. What is an area in your life where you feel like you have to constantly strive to prove that you are good enough?
3. What do you think will happen if you were to stop striving to prove your worth?

God’s intent with the sabbath was that people would rest and live from a place of rest. (Genesis 1:31-2:3 and Exodus 20:8-11)

4. What do you think it means to live from a place of rest?

Read Mark 2:23-28 and Matthew 11:28-30

5. Mark 2:27 says, *“The Sabbath was made for man, not man for the Sabbath.”* Discuss the truth that God created rest for us so that we could stop striving and trying to prove ourselves. He came so that we can rest in Him and find our value in Him.
6. Jesus said that He is the God of rest when He said, *“The Son of Man is Lord even of the Sabbath.”* What does it look like to turn to God to find the rest that you need?
7. Is it difficult to go to God for rest when you are anxious and stressed from striving to prove yourself? What keeps you from going to Him?

John 19:30 says, “*It is finished.*” Jesus knew that in and of ourselves we are not good enough to live up to the expectations of others and of God, so He came to die on the cross in order to give us His life. He gave us value.

8. Discuss Jesus’ words, “*It is finished.*” What does this mean for the tension to work hard to prove yourself and your deep need for rest?

9. What would happen in your life and in your relationships if you could simply rest in the finished work of the cross?

This week will you ask yourself: *Where am I trying to find rest?*

You will never be able to live up to your own unrealistic expectations, other’s imperfect expectations, or God’s perfect expectations. But Jesus came to give you rest because He knows that is where you should live from. He is the only one that can truly give you the rest you need.