



Rhythms
OF REST

THE PRACTICE OF FINDING REST

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Welcome

TO THE RHYTHMS OF REST STUDY.

We're so glad you're joining us for this journey as we slow down, make space for God, and rediscover the rest our souls were created for.

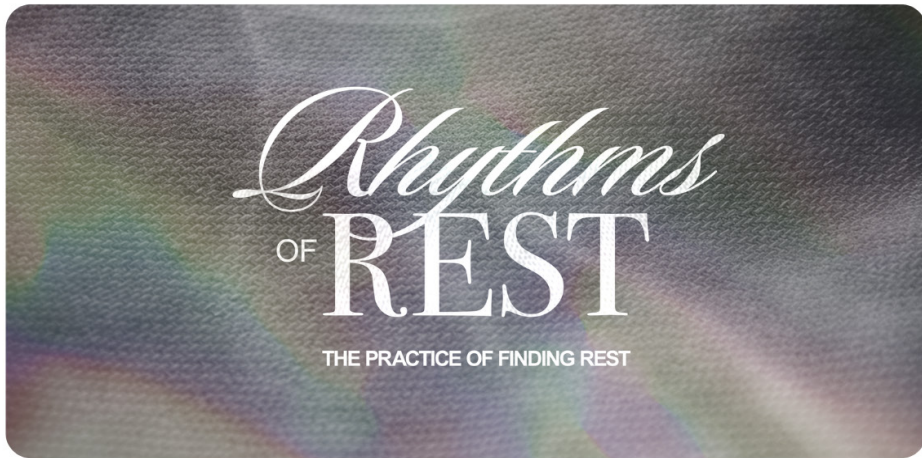
Alongside this series, we'll be reading *The Ruthless Elimination of Hurry* by John Mark Comer as a church family. This guide is designed to follow both the book as well as our Sunday messages.

Each week includes a reading plan and discussion questions from the book, as well as a message summary, key Scripture, and additional questions for group conversation. You'll also find a few simple practices you can do on your own.

During our weekend services, we'll be focusing on a specific Psalm each week. We encourage you to spend time throughout the week reflecting on that Psalm using Lectio Divina. If you're unfamiliar with this practice, instructions are included on page 5.

Each week will also end with a practical application to help you live out the rhythms of rest we're learning together.

So grab your book, gather your small group, family, or friends—and don't forget your One—and join us as we learn Rhythms of Rest.



INTRODUCTION

To the series:

In a world that never slows down, most of us are running at 100 mph, but are we going anywhere? We fill our schedules, chase more, and try to prove our worth—yet still find our souls exhausted and empty.

In this series, we'll rediscover God's command to true rest—not just physical, but emotional and spiritual. From observing a Sabbath, struggling with contentment, searching for our identity, and balancing our schedules, we'll learn how to reorder our priorities and make space for what matters most.

To the book:

The Ruthless Elimination of Hurry by John Mark Comer invites us to confront the fast-paced, distracted way many of us live and its impact on our souls. Through practical insight and spiritual wisdom, Comer shows how hurry, busyness, and constant distraction are some of the greatest barriers to a meaningful life with God.

LECTIO DIVINA

Lectio Divina is a simple, prayerful way of reading Scripture where the goal isn't just to understand the text, but to slow down and listen for God's voice.

Here are the four steps:

Lectio

(Reading/Listening): Read the passage slowly, aloud, if possible, multiple times. Listen for a word, phrase, or image that speaks directly to your heart.

Meditatio

(Meditation/Pondering): Reflect on the word or phrase that resonated with you. Chew on it, letting it impact your thoughts, memories, and desires. Ask why this particular part speaks to you in your current life situation.

Oratio

(Prayer/Responding): Speak to God about what you have experienced. This is a conversation where you respond to the text, offering praise, gratitude, or a request for help in acting upon it.

Contemplatio

(Contemplation/Resting): Let go of words and thoughts. Simply rest in the presence of God and savor the "sweetness" of His word. This is a silent, loving focus on God.

THE COMMAND OF REST

Week 1

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

MATTHEW 11:28-30

The Message

In a culture that celebrates busyness, rest can feel like a luxury, or even a weakness. But rest isn't just a good idea; it's a command from God. This week, we explored Jesus' invitation to "come and find rest," not just as physical rest, but rest for our souls. As we begin to embrace God's rhythms of rest, we find a deeper sense of peace and alignment with the life He designed for us.

DISCUSSION QUESTIONS:

1. How is your soul right now? Do think it feels full or closer to empty, and why do you think that is?
2. When you hear that rest is a command from God, what is your initial reaction? Why do you think God would command rest, not just suggest it?
3. What "burdens" are you currently carrying that make it hard to rest? If you are comfortable share with the group and take some time to pray for one another.

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The Book

READ PART 1: THE PROBLEM | HURRY: THE GREAT ENEMY OF SPIRITUAL LIFE |
A BRIEF HISTORY OF SPEED | SOMETHING IS DEEPLY WRONG

DISCUSSION QUESTIONS:

1. If you had a completely free day with no responsibilities, what would you do?
2. Where do you feel the most rushed in your daily life right now?
3. After reading the three symptoms of hurry sickness (pg. 47), how do you relate to them?
 - moving from one check-out line to another because it looks shorter/faster
 - counting the cars in front of you and either getting in the last that has the least or is going the fastest
 - multi-tasking to the point of forgetting one of the tasks

On Your Own

LECTIO DIVINA:

Read Psalm 91 NLT and practice Lectio Divina.

DAILY DEVOTIONS:

Follow along with this week's devotions on the Sunnybrook App or website.

PRACTICE THIS WEEK:

Fast from your phone this week. You can start small with just a few hours or try a half-day, full day, or more.

Psalm 91

*Those who live in the shelter of the Most High
will find rest in the shadow of the Almighty.*

This I declare about the Lord:

*He alone is my refuge, my place of safety;
he is my God, and I trust him.*

*For he will rescue you from every trap
and protect you from deadly disease.*

He will cover you with his feathers.

He will shelter you with his wings.

His faithful promises are your armor and protection.

*Do not be afraid of the terrors of the night,
nor the arrow that flies in the day.*

*Do not dread the disease that stalks in darkness,
nor the disaster that strikes at midday.*

*Though a thousand fall at your side,
though ten thousand are dying around you,
these evils will not touch you.*

*Just open your eyes,
and see how the wicked are punished.*

*If you make the Lord your refuge,
if you make the Most High your shelter,
no evil will conquer you;
no plague will come near your home.*

*For he will order his angels
to protect you wherever you go.*

*They will hold you up with their hands
so you won't even hurt your foot on a stone.*

*You will trample upon lions and cobras;
you will crush fierce lions and serpents under your feet!*

The Lord says, "I will rescue those who love me.

I will protect those who trust in my name.

When they call on me, I will answer;

I will be with them in trouble.

I will rescue and honor them.

*I will reward them with a long life
and give them my salvation."*

THE PRIORITY PARADOX

Week 2

Then he said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions."

LUKE 12:15

The Message

We live in a world that constantly pushes us to want more. The pressure to keep up, achieve, and accumulate often leaves us with a lack of contentment and feeling of perpetual unrest. This week, we looked at Jesus' warning about the danger of "more" and uncovered the hidden cost of chasing it. We learned there is a better way, one that leads to freedom.

DISCUSSION QUESTIONS:

1. Where do you feel the tension between "having enough" and "wanting more" in your life?
2. How might slowing down help you become more content? What is one area of your life where "less" might actually lead to more peace?

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The Book

READ PART 2: THE SOLUTION | HINT: THE SOLUTION ISN'T MORE TIME | THE SECRET OF THE EASY YOKE | WHAT WE'RE REALLY TALKING ABOUT IS A RULE OF LIFE

DISCUSSION QUESTIONS:

1. If your life right now had a speed, what would it be?
 - a. 25 mph (slow and steady)
 - b. 55 mph (normal)
 - c. 85 mph (pretty busy)
 - d. 100+ mph (barely hanging on 😊)
2. John Mark Comer talks about becoming an apprentice of Jesus, not just believing in Him. What do you think the difference is?
3. Looking again at our limitations (pgs. 65–68), which ones resonate with you most? How do you feel about embracing those limits in your own life?
4. How might your life change if you intentionally centered it on these three goals:
 - Being with Jesus
 - Becoming like Jesus
 - Doing what He would do in your place?

On Your Own

LECTIO DIVINA:

Read Psalm 16 NLT and practice Lectio Divina.

DAILY DEVOTIONS:

Follow along with this week's devotions on the Sunnybrook App or website.

PRACTICE THIS WEEK:

Choose one area to “simplify” this week—spending, shopping, food, or commitments—and intentionally do less instead of more.

Psalm 16

A PSALM OF DAVID.

*Keep me safe, O God,
for I have come to you for refuge.*

*I said to the Lord, "You are my Master!
Every good thing I have comes from you."
The godly people in the land
are my true heroes!
I take pleasure in them!
Troubles multiply for those who chase after other gods.
I will not take part in their sacrifices of blood
or even speak the names of their gods.*

*Lord, you alone are my inheritance, my cup of blessing.
You guard all that is mine.
The land you have given me is a pleasant land.
What a wonderful inheritance!*

*I will bless the Lord who guides me;
even at night my heart instructs me.
I know the Lord is always with me.
I will not be shaken, for he is right beside me.*

*No wonder my heart is glad, and I rejoice.
My body rests in safety.
For you will not leave my soul among the dead
or allow your holy one to rot in the grave.
You will show me the way of life,
granting me the joy of your presence
and the pleasures of living with you forever.*

EXISTENTIAL CRISIS

Week 3

Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"

MATTHEW 16:24-26

The Message

So much of our lives can be shaped by what we do, what we achieve, or how others see us. The pressure to prove our worth can leave us exhausted and searching for something more. In this message, we were asked the question: What defines you? We also heard Jesus' invitation to lay down the false identities we carry and find our identity in Him, so we can find peace.

DISCUSSION QUESTIONS:

1. If someone had to describe you in one word right now, what do you think it would be? What word would you want it to be?
2. Jesus says, "Whoever wants to be my disciple must deny themselves ..." What does that phrase mean to you personally?
3. How does constant noise and comparison make it harder to know who you really are? What might you discover about yourself in silence with God?

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The Book

READ INTERMISSION | SILENCE AND SOLITUDE | SABBATH

DISCUSSION QUESTIONS:

1. What's your initial reaction to the idea of silence and solitude—comfort, discomfort, or something else? Why?
2. Why do you think silence can be such a powerful place for spiritual growth?
3. Do you ever feel guilty when you rest? Where do you think that comes from?
4. The book describes a Sabbath as simply a day to stop: stop working, stop wanting, stop worrying, just stop (pg. 148). Have you ever taken a day of sabbath? What would it look like for you to start?

On Your Own

LECTIO DIVINA:

Read Psalm 42 NLT and practice Lectio Divina.

DAILY DEVOTIONS:

Follow along with this week's devotions on the Sunnybrook App or website.

PRACTICE THIS WEEK:

Set aside some intentional time this week with God. If you are able, commit to a day of sabbath, or start with just a few hours. Use your time to read scripture, be in prayer, or take a walk with God.

Psalm 42

FOR THE CHOIR DIRECTOR: A PSALM OF THE DESCENDANTS OF KORAH.

*As the deer longs for streams of water,
so I long for you, O God.
I thirst for God, the living God.
When can I go and stand before him?
Day and night I have only tears for food,
while my enemies continually taunt me, saying,
“Where is this God of yours?”*

*My heart is breaking
as I remember how it used to be:
I walked among the crowds of worshipers,
leading a great procession to the house of God,
singing for joy and giving thanks
amid the sound of a great celebration!*

*Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!*

*Now I am deeply discouraged,
but I will remember you—
even from distant Mount Hermon, the source of the Jordan,
from the land of Mount Mizar.
I hear the tumult of the raging seas
as your waves and surging tides sweep over me.
But each day the Lord pours his unfailing love upon me,
and through each night I sing his songs,
praying to God who gives me life.*

*“O God my rock,” I cry,
“Why have you forgotten me?
Why must I wander around in grief,
oppressed by my enemies?”
Their taunts break my bones.
They scoff, “Where is this God of yours?”*

*Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!*

REWRITE YOUR SCHEDULE

Week 4

*... Teach us to realize the brevity of life,
so that we may grow in wisdom ...*

PSALM 90:1-12 NLT

The Message

The way we spend our time reveals what matters most to us. Our schedules tell a deeper story about our priorities, and even our view of God. This week, we were asked to take an honest look at how we are living our days and were challenged to realign our time with what truly matters. When we reorder our priorities and make intentional space for God, we start to experience greater peace, clarity, and a life that reflects His purpose in and through us.

DISCUSSION QUESTIONS:

1. If someone looked at your calendar, what would they assume is most important to you?
2. Do you agree with the idea that your schedule reflects your view of God? Why or why not?
3. What are the top three priorities you want your life to reflect? How closely does your current schedule match those priorities?

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READ SIMPLICITY | SLOWING | EPILOGUE

DISCUSSION QUESTIONS:

1. What do you think gets in the way of living a simpler life today?
2. How does materialism take our time as well as our money?
3. What stands out to you about the way Jesus was never rushed, even under pressure?
4. What would it look like to believe your worth is not tied to how fast or productive you are?

On Your Own

LECTIO DIVINA:

Read Psalm 90 NLT and practice Lectio Divina.

DAILY DEVOTIONS:

Follow along with this week's devotions on the Sunnybrook App or website.

PRACTICE THIS WEEK:

Download the How to Un-Hurry Workbook listed in the back of *The Ruthless Elimination of Hurry* book to help you begin putting these practices into action.

Psalm 90

A PRAYER OF MOSES THE MAN OF GOD.

*Lord, through all the generations
you have been our home!
Before the mountains were born,
before you gave birth to the earth and the world,
from beginning to end, you are God.*

*You turn people back to dust, saying,
“Return to dust, you mortals!”
For you, a thousand years are as a passing day,
as brief as a few night hours.
You sweep people away like dreams that disappear.
They are like grass that springs up in the morning.
In the morning it blooms and flourishes,
but by evening it is dry and withered.
We wither beneath your anger;
we are overwhelmed by your fury.
You spread out our sins before you—
our secret sins—and you see them all.
We live our lives beneath your wrath,
ending our years with a groan.*

*Seventy years are given to us!
Some even live to eighty.
But even the best years are filled with pain and trouble;
soon they disappear, and we fly away.
Who can comprehend the power of your anger?
Your wrath is as awesome as the fear you deserve.
Teach us to realize the brevity of life,
so that we may grow in wisdom.*

*O Lord, come back to us!
How long will you delay?
Take pity on your servants!
Satisfy us each morning with your unfailing love,
so we may sing for joy to the end of our lives.
Give us gladness in proportion to our former misery!
Replace the evil years with good.
Let us, your servants, see you work again;
let our children see your glory.
And may the Lord our God show us his approval
and make our efforts successful.
Yes, make our efforts successful!*



Notes

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