

Mother's Day 2023
Finding Rest in a World That Never Stops. Speaker: Tim

Icebreaker: How would you rate your level of tiredness, weariness ...on a scale of 1-10 (1 = Not tired and 10 is completely spent).

The “sticky single sentence summary” or “sermon in a sentence:” ... God calls us to rest, so that we recognize we are not God, and that we are totally dependent on Him.

General Discussion:

1. Read Psalm 127:1-2. Is this easy for you to believe and put into practice? If not, why?
2. Read Exodus 20:8-11. God ties sabbath rest to creation. Have you ever practiced a true or “sorta true” sabbath rest? How did it go? Is this a hard thing for you to do? Why?
3. God ties sabbath to creation to teach us that we are not God, and we are utterly dependent on Him. How does meditating on this truth give you rest?
4. Read Deuteronomy 5:15. God calls us to rest, so that we can remember who we once were, and the deliverance God brought in our lives. How does slowing down to remember help keep this a fresh and profound truth in your life?
5. For some, practicing the sabbath may seem like a difficult, perhaps even impossible option. Talk about what steps you can start taking to move in this direction.

Gospel-Centered Discussion: 1. Share a time or period of your life when you felt exhausted and tired. Read Matthew 11:28-30. What do you think it looks like to “come to Jesus”? 2. Read Matthew 12:6-8. Jesus claims that he provides a greater rest than the law of the sabbath can offer. How is this true? Read Romans 8:3-4 to help you fully understand.

Application Prayer: Summarize the application from the message. Pray for one another.