

SERMON DISCUSSION GUIDE

“IN SEARCH OF REST: THE INVITATION” – Pastor Chad

Gilligan

6.23.24

1) Did you ever attend a summer camp or day camp as a kid? What was it like?

Read Matthew 11:28-29 – “Come to me, all you who are weary and burdened, and I will give you rest. 29 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.”

2) Why do we think rest is something we have to take instead of receive from God?

3) What makes it hard for you to find restorative rest?

4) How is true rest spiritual instead of simply physical?

Read Exodus 33:12-14 – “Moses said to the LORD, ‘You have been telling me, ‘Lead these people,’ but you have not let me know whom you will send with me. You have said, ‘I know you by name and you have found favor with me.’ 13 If you are pleased with me, teach me your ways so I may know you and continue to find favor with you. Remember that this nation is your people. The LORD replied, ‘My Presence will go with you, and I will give you rest.’”

5) Share with your group something that has been burdening you. (Take time at the end of your group to pray over those things.)

6) How has God refreshed you after experiencing a difficult season of life?

7) Why is it important that God gave Moses rest in this instance instead of something else?

Read Psalms 116:7 – “Return to your rest, my soul, for the LORD has been good to you.”

8) How do you personally know that you can trust in God? Share one of your reasons.

Prayer: Take time to pray for the burdens shared in your group, that your members may find rest.