

SERMON DISCUSSION GUIDE

“In Search of Rest: Let’s Try This Again” – Pastor Chad Gilligan

7.7.24

1) Has there been a lesson you had to learn more than once? What was it?

Read Matthew 11:28-30 - “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. 30 For my yoke is easy and my burden is light.”

2) What have you learned about rest over the last few weeks?

3) How does God reveal himself to you? What ways can you listen to him more?

Read Proverbs 3:5-6 (NIV) – “5 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.”

4) Is there an area in your life where you have been unable to hear the voice of God?

5) What does a real relationship mean to you?

Read Jeremiah 6:16 – “This is what the LORD says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’”

6) What are some consequences of rejecting rest?

7) Is there something you have said “no” to in order to find rest?

8) Has God ever forced you to rest? How did He do that?

Prayer: Take time to pray for rest in the lives of those in your group.