

Road Trip 2 NOTES

“The Vacation After the Vacation”

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We're created to _____ from a place of _____. (Genesis 1:28, Genesis 2:1-3)

We're God's _____, not His _____. (Exodus 20:8)

We need _____ away with _____. (Luke 5:15-16, Matthew 14:28)

You have to establish healthy _____ or work and rest. (John 15:5)

God wants to _____ and _____ you. (Matthew 11:28)

Go Deeper:

1. Have you ever gone on a vacation and come back feeling more exhausted and burnt out than when you left? How did that make you feel? Does that kind of defeat the purpose of a vacation?
2. Do you think you're too busy? Why or why not? How does your busyness align with the goals of our current culture? Thinking through the message, what does the Bible teach us about rest? Have you ever thought about rest as a biblical command? Why or why not? Do cultural goals and lifestyles seem in conflict with God's plan for us? Why or why not?
3. How would you define rest? Was there anything from the message that surprised you or you hadn't considered when it came to rest? Pastor Jeff asked the question “How do you recharge?”. How did you answer that question? Are you an introvert or an extrovert?
4. Do you have a rhythm of rest? Why or why not? What would an ideal rhythm of rest look like for you? What's stopping you from getting there? How can your group help you establish that rhythm?
5. Do you think God wants to restore and refresh you? Why or why not? Be honest, how often do you take advantage of His promise of rest and refreshment? What would it look like for you to take a breath and rest at His feet?
6. Read through the Bible verses above. Which one stands out to you the most and why?