

Renewing your Mind

Rest

ICEBREAKER QUESTION: What does your ideal day of rest look like?

Leader: You do not have to answer all the questions below. Pick the ones that you think apply more directly to your group or make up your own that you think will help your group grow as disciples of Jesus. Let the Holy Spirit guide your conversation.

- Passages to consider for the group discussion: Genesis 2:1-3, Hebrews 4:1-13, Matthew 11:28-30
- What are some key takeaways you can share from the sermon? (This can be something you were encouraged by, challenged with or a question you may have).
- Some possible questions to discuss:
 - Jesus often took the disciples away to quiet places. Why do you think this was important for them? What might they have done during those time of “rest?”
 - Imagine being one of the disciples. What aspects of following Jesus might have been most draining? What aspects might have been most restful?
 - Jesus Himself took time to be alone and pray (for example, after feeding the 5,000, before choosing the 12). What does this tell us about the importance of rest, even for someone as driven as Jesus?
 - How did Jesus’ understanding of the Sabbath differ from the prevailing religious leaders of His time? What principles of rest did He seem to be emphasizing?
 - Jesus’ invitation in Matthew 11:28-30 is, “Come to Me all you who are weary and heavy burdened, and I will give you rest.” What does this rest look like practically? Do you think it’s just physical or something more?
 - In our busy lives, what are some of the “burdens” that weight us down and make it difficult to find rest?

Prayer & Praise: Share about your needs and pray for one another. Pray also for God to open doors for your group to take some action steps because of this discussion. Share wins where you have seen God at work.

BASIC GROUP GUIDELINES

Though we call these Basic Group Guidelines, these are also essential in all relationships and environments. These should be observed whether in 1-on-1 conversation or in a group discussion.

- Guidelines give boundaries for people to operate within.
- They help with the flow and pace of the discussions.
- They help us value one another.
- They help people to be more comfortable sharing deep and meaningful things.

Safe Group – This is a safe group. Confidentiality is key, what is said in the group stays in the group. Be aware how you are affecting the environment: words, actions, non-verbal communication. This needs to be a place where people feel comfortable opening up and sharing.

No Crosstalk – Be considerate of others as they are sharing. No side conversations, checking phone, responding to text or email, etc.

Listen – Let's value one another by listening to what is being shared. Allow a pause after someone has shares to allow them to finish and others to consider what was said. Eye contact and body posture play key roles in creating a positive or negative group environment.

No Rescuing or Fixing – We are not here to fix each other, Jesus does that part. Avoid the tendency to rescue when someone is struggling to get the words out or share struggles or conviction.

Use "I" Statements – It's easy to talk about the issues of others or respond with "we", "us", "the church". But for us to grow as disciples, and build relationship, we want to use "I" statements.

Don't Overtalk – We want to create time for all members of the group to participate in the discussion. Be careful not to always be the first responder or regularly give long responses.

Fight for Relationship – It's not 'if' conflict or hurt feeling will happen, but 'when'. We commit to fight for relationship with each other. Go to that person and share your struggle or seek wise advice if you are not sure how to handle the conflict.