

Work & Rest

Jesus' Invitation to Rest (Mt. 11:28-30)
Life Group Questions – July 10.2022



Connect

1. Share with the group several things:
 - a. How are you feeling right now – rested or tired and busy?
 - b. What is contributing to feeling that way?
 - c. Is it difficult for you to rest? Why?
2. How did you do on the hurry sickness quiz that was given on the back of the notes?

Learn

3. When you are NOT rested, how does it affect you personally in the areas of physical, emotional, mental and spiritual health? When you are NOT rested are you able to give yourself fully to the way of Jesus and His mission?
4. **Read Matthew 11:28-30.** What stands out to you as you read those verses as a group? As you think back over the message, what stands out to you? *What stands out is frequently the Holy Spirit speaking to you. Pay attention.*
5. When you do rest (vacation, downtime, etc.) do you rest well, or do you fill that time with screens and shows or do you fill that time with practices that draw you closer to God?

Apply

6. What do you want? Do you want to rest or do you like the busyness?
7. If you want to accept Jesus' invitation to rest, what needs to change? Are there any practical steps you can take today?

Care and Pray

We ask our groups to focus on **3 simple practices: to care, learn and pray together.** Please make time before departing to check in with each other and pray for one another.