

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- Sabbath means to pause, cease, and rest. It's a discipline we often forget, but it's incredibly important.
- Rest is like exercise. You've got to be disciplined at making it a priority and setting boundaries.
- Sabbath—a disruption in our week—is something God often uses to speak.
- Rest is really about trust. It's choosing not to fill our time with more of our efforts or more of our stuff so that we can rely on God.

Pray: *God, I often find myself resisting rest. I've been feeling worn out lately, and I've been carrying far too much on my own. Today, help me surrender all of my burdens to You. I trust You with everything, God. Give me more of Your rest. In Jesus' name, amen.*



Tweetable Moments



Rest isn't giving ourselves permission to do nothing. It's giving God permission to do everything.



Rest is not a reward; it's required.



If we want to rise strong, we have to rest well.



Say What? Questions for conversation

Icebreaker: Do you like taking naps? Why or why not?

- Share your biggest takeaway from the episode.
- How would you describe your relationship with rest? Do you think you get enough? Why or why not?
- What are some things you do that are restful?
- Do you incorporate Sabbath into your week? If so, what does that look like? If not, why?
- What are some things that keep you from feeling like you're allowed to rest?
- Talk about a time when you felt truly rested. What made it so restful?
- Read **Matthew 11:28**. What are some ways you can start making rest a priority in your life?



Now Go Do It Resources and next steps

Challenge: Try incorporating Sabbath into your week. Ask your LifeGroup or a friend to hold you accountable, and talk about your experience.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *You've Heard It Said* Season 2 Bible Plan: www.go2.lc/betternormal
- Learn more about Sabbath in this article: www.go2.lc/sabbath
- Listen to this episode on the Craig Groeschel Leadership Podcast: www.go2.lc/julietfunt