

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- Rest and Sabbath are biblical principles that we should work to incorporate into our lives.
- If you've tried to rest before and felt unsuccessful, remember that we rarely get something right the first time. Consider it a lesson and try to make it better the second time.
- We can view rest like the tithe—when we put rest first, God is faithful to multiply our time, resources, and more.
- It's possible to work from a place of rest.

Pray: *God, I want to experience the peace and rest that You promise, so show me where my life is not aligned with Your will. Help me identify ways I'm pushing my own way instead of following Your better way, and by Your power, help me to live differently. In Jesus' name, amen.*



Tweetable Moments



If you don't like the season of life you're in, try to keep the perspective that God is still doing something good.



Give God your first and your rest.



Say What? Questions for conversation

Icebreaker: What's your favorite way to relax?

- What stood out to you most from the episode?
- On a scale of 1-10, how good are you at being in the moment? Why do you think that is?
- Share about a time when you were checking off all the right boxes but still feeling drained and burned out. What happened?
- Read **Matthew 11:28-30**. Are you more likely to push against the yoke of Jesus or be led by it? How can you allow yourself to be led instead of trying to push?
- What area of your life looks the most different from the way Jesus lived? What's one thing you can do to change that?



Now Go Do It Resources and next steps

Challenge: Take intentional time to disconnect and rest this week. Then, share about your experience with your LifeGroup.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start *A Better Way* Bible Plan: www.go2.lc/abetterway
- Watch Pastor Craig's accompanying message series: www.life.church/abetterway
- Read this article about rest, then talk about it with your LifeGroup throughout the week: www.go2.lc/dayofrest