

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- We all have different definitions of rest. What makes one person feel rested may exhaust another person.
- “Tired” can be fixed with a nap, but “depleted” will need physical, mental, emotional, and spiritual replenishment.
- Identifying your priorities will help you work on the most important things instead of just the urgent things.
- Rest is an important part of work. We bring our best when we work from a place of rest.

Pray: *God, thank You for showing us a better way to live. Teach us how to prioritize and protect the things that matter most to You. Today and every day, help us to walk slowly enough to experience You fully and love people deeply. In Jesus' name, amen.*



Tweetable Moments



We don't have to work for rest. We can work from a place of rest.



We really do have time for what God wants us to do. Don't get distracted by things that don't matter.



Say What? Questions for conversation

Icebreaker: What's your dream vacation destination?

- What impacted you most from the episode?
- Share your definition of rest. What activities help you feel most rested?
- If you only had 30 days to live, what would matter to you? Why did you choose those things, and how can you prioritize them?
- Read **Luke 10:38-42**. Talk about the difference between Mary and Martha. Which one of them are you most like and why?
- How would your life need to change so that you work from a place of rest instead of working for rest?
- How will you walk slowly enough to experience Jesus fully and love people deeply? How will you know when you're doing this well?



Now Go Do It Resources and next steps

Challenge: Take time each day this week to pray: *God, help me walk slowly enough to experience Jesus fully and love people deeply. As you do, note what's different in your life.*

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *A Better Way* Bible Plan: www.go2.lc/abetterway
- Watch Pastor Craig's accompanying message series: www.life.church/abetterway
- Listen to Episode 8: *Feeling Exhausted? This Might Be What You Need Right Now*: www.go2.lc/morerest