

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 an opportunity for God to speak to us.
- Rest is like exercise. You've got to be disciplined at making it a priority and setting boundaries.
- 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.

Key Scriptures

Mark 6, Matthew 11:28-30

Pray: *God, it's easy to find ourselves resisting rest. But we know we've been feeling worn out and carrying too much on our own. Today, help us surrender our burdens to You. We trust You with everything, God. Give us 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.



Say What? Questions for conversation

Icebreaker: How do you typically act when you're tired?

- Share your biggest takeaway from the episode.
- How would you describe your relationship with rest? What are some things you do that are restful?
- What are some challenges you face when you try to rest? How could you plan and prepare for rest better?
- Read **Matthew 11:28**. Talk about some reasons why rest might be important to God. How do these things impact how you see Him?
- Share about a time when you felt truly rested. What made it so restful? How could you find true rest this week?



Now Go Do It Resources and next steps

Challenge: Incorporate Sabbath into your week. Try this together as a LifeGroup and talk about your different experiences.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *Wisdom for Mental Health* Bible Plan: www.go2.lc/mentalhealthplan
- Learn more about Sabbath in this article: www.go2.lc/sabbath
- Watch Pastor Craig's *Peace of Mind* message series: www.life.church/peaceofmind
- Find more resources for your mental health: www.life.church/mentalhealth