



Sermon Discussion Guide

Rest Bringers - Tim Knipp

February 6, 2021

Leader Preparation

1. Take some time to look over these questions ahead of time. Choose the ones that you want to make sure you cover with your group. We have highlighted what we think are **key questions by bolding them.**
2. Pray for your group and your time together as you prepare. This is so helpful!
3. When meeting online you as the leader will need to be more directive than in person. Don't be afraid to invite everyone to answer a question, invite them to share by name, and thank them when they finish. The online format requires a little more intentional orchestrating than an in-person group.
4. Try to start the gathering by getting everyone talking at least once to begin. The Hook section is great for this. When in doubt, have people share stories about their past. (How the week was, favorite memories about the topic for the day, etc). This is a great way to help your group continue to get to know one another.
5. Next, look at the Scripture and what it means. We believe Jesus is discipling people through this Word. Get people into the Scriptures and the Scriptures into people!
6. Finally, end with what God is saying to people and how God is inviting them to respond. These aren't just ideas to know but realities to live in!

Tip of the week

Question writers: if you would like to use this space to share a creative idea about an activity small groups could do together, or a way to make their conversation engaging, add it here. If you don't have one, feel free to delete this section.



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Hook - Getting to know one another

- How is everyone doing this week? This could also be an icebreaker question related to the topic for discussion.
1. Share a memory of when someone else offered you rest in a time in your life when you were in need. What was it about this rest that was so impactful to you at that time?

Book - Scripture

- Read the scripture, and discuss a few questions to understand **what the text is saying**.
 - **Deuteronomy 5:12-15**
 - **Deuteronomy 16:9-12**
 - **Mark 3:1-6**
- 2. Read both passages in Deuteronomy. Why do you think God uses such specific language to outline who is supposed to participate in rest?
- 3. Read Mark 3:1-6. What is Jesus trying to communicate in regards to characteristics of sabbath rest?

Look - Connections to our world today

- This section focuses on implications about **what this text means** about what's wrong in the world, about trusting God, about who God is, etc.
4. Who are some of the populations in our society that depend on those of greater means to receive rest? How do those of greater means in our society provide for these groups of people?



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5. Where in the world today do you see inclusive communal rest taking place? What are some of the challenges to engaging in this type of rest in our day and age?

Took - Personal Application

- This application focuses on **how God is calling us to respond**. This could be personally, as a family, small group, or church. It could be something to believe, to meditate on, to say or do this week.
6. Think about the people around you in your life who may not have the ability or means to rest right now (small group, work, family, friends, acquaintances). Brainstorm together some ideas of ways you could help these people around you receive God's rest this week.

Time of Prayer