



Sermon Discussion Guide

The Rest God Desires for you - Tim Knipp

January 24th, 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!



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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. What is the difference between Rest and Distraction? What is the best example of rest in your life over the past year? What is the most common distraction you have engaged in over the past year?

Book - Scripture

- Read the scripture, and discuss a few questions to understand **what the text is saying**.
 - Read Exodus 5:10-14 followed by Dueteronomy 16:13-15.
2. How do you think the difference in the commands surrounding rest and work changed the Israelites when they were slaves to Pharoah versus being in the Wilderness with God?
 3. What are some of the characteristics of Rest outlined in Deuteronomy 16:13-15? What does this say about the type of rest that God wanted them to engage in? What do you think is God's desired outcome for his people engaging in this type of rest?



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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. Which of these texts do you think most resemble the society that we live in today? Why do you think that is the case? What does that say about what our culture values compared to what we should value when it comes to work and rest?

5. Who and what are the "kings and queens" that rule over our lives? How does the way that these rulers value us influence the way that we engage in work and rest?

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. What are obstacles to creating rhythms and rest in our lives? What active steps do we need to take in order to engage in God's rest regularly?

7. What types of activities constitute real rest? Can activities of rest become distractions? If so, what do we need to do to ensure that our hearts are oriented correctly when we engage in our restful activities?

Time of Prayer