



## Discussion Guide: The Art of Rest | Rebel

### **Begin with prayer**

5 min

### **Check In**

20-30 min

Spend a few minutes catching up on life with one another.

- Fruit: what has been bringing you joy lately?
- Thorn: what have you been struggling with lately?
- Vine: how have you seen or been connecting with God lately?
- Bud: what are you looking forward to?

### **Discuss this week's practice**

5-10 min

- How'd you do with practicing the Sabbath this week?

### **Discuss this week's sermon**

15-20 min

- Susan talked about having to rethink during the pandemic. What is the most exhausting thing that you've had to rethink?
- There are 3 obstacles to enter into rest/live out Sabbath:  
Distraction | Detraction | Decision
- What takes your attention away from rest in God?
- What takes your time away from rest in God?
- What decisions do you make that don't prioritize rest in God?

### **Open your bibles together**

20-25 min

- Read Hebrews 3:15-4:2
- How are faith, obedience, and rest connected?
- Susan used the following quote from GK Chesterton on Sunday:

“You cannot break the commandments; we can only break ourselves against them”



- Because God's words are inherently good for us there will consequently be negative outcomes in our lives when we don't follow them. How did the children of Israel 'break themselves' against God's command? How do we?
- Read Exodus 31:14-15
- In the old testament times, violating the sabbath carried a death penalty. And although we are under grace and are no longer under the law, there is still a death sentence connected to neglecting rest in God. What are things that die when you don't rest?
- Read Mark 10:21-22
- Saying yes to Jesus often requires that we say no to so many other things. What things have you had to say no to in order to rest?
- Susan told a story about how a young lumberjack who never stopped working cut down fewer trees than an older lumberjack who stopped to rest. The reason the older lumberjack cut down more trees because every time he stopped, he sharpened his axe. How does rest sharpen our axe?

### **Prayer for one another**

10 min

- Encourage the person who's assigned over prayer request to get them at this time

### **Talk about the coming week's practice**

5 min

- Make sure that everyone knows where to find the practice guide on the website.