



RESTLESS

Icebreaker: Where would you like to travel in Fall?

Read Together: Matthew 11:28-30 (ESV), Matthew 23:2-4 (ESV),

Discuss:

- What do the scriptures for this section say?
- What was the Holy Spirit speaking to you as you listened to Pastor Mark?
- What do you see in the scriptures that you have not noticed before?
- How did Jesus enter rest?
- Where did Jesus go to get quiet?
- What are things that Jesus did to rest?

Read Together: Matthew 6:31-34 (ESV), Acts 15:5-11 (ESV)

Discuss:

- What do the scriptures for this section say?
- How do we get the things we need?
- How often do you get life from following the law?

Read Together: 1 Peter 5:5-11 (ESV)

Discuss:

- What does the scripture for this section say?
- What do you see that you have not noticed before?
- How can your life parallel the life of Jesus as He spoke to His Father, and His friends?

Pray:

- Ask God what it looks like for you to rest.
- Ask God to show you how to implement moments, days or seasons of rest.

- Ask God to give you rest for your body, mind, and soul.