

Title: The Rest of God Part 2  
Date: November 20, 2011  
Text: Various texts



1. Recap The Rest of God Part 1

2. Why rest?

- a. It is \_\_\_\_\_.
- b. It is \_\_\_\_\_.
  - i. \_\_\_\_\_ rest.
  - ii. \_\_\_\_\_ rest.
  - iii. \_\_\_\_\_ rest.
  - iv. The \_\_\_\_\_ of \_\_\_\_\_.

3. How to enter the rest of God

- a. Schedule \_\_\_\_\_ time.
- b. \_\_\_\_\_ before God.
  - i. \_\_\_\_\_
  - ii. \_\_\_\_\_
- c. \_\_\_\_\_ with God.
- d. \_\_\_\_\_.

## HEARING AND DOING

*Each week this section will provide next steps for going deeper with the sermon material, as well as preparing for discussion in your Grow Group. Bring this sheet with you to your group meeting.*

1. When was the last time you had an extended period of rest with God? Where did you go? What did you do? What did you stop doing?
2. How much time do you *currently* have set aside to rest with God? What do you do during that time?
3. Ideally, how much time would you like spend resting with God each week? What would you do in that time?
4. Realistically, how much time can you schedule? Now schedule this time in your calendar.
5. Three benefits of resting in God include physical rest, emotional rest, and spiritual rest. Rate your state of rest by placing an "X" along the continuum in each of these areas below. Then answer the questions.

### Physical rest

Lethargic ←————→ Energetic

Question: Why is physical rest important? What changes can you make in your life to achieve better physical rest in God?

### Emotional rest

Panic ←————→ Peace

Question: Read 1 Peter 5:6-7. What issues/circumstances in your life are keeping you from God's peace? What are some tangible ways to "cast your cares" on Jesus?

### Spiritual rest

Doubt ←————→ Faith

Question: Read Psalm 62:1-2, 5-8. What issues/circumstances in your life is God using to grow your faith and trust in him? What truths from this passage can God use to strengthen your faith?

6. Read Psalm 40:1-17, slowly :). Reflect on each verse, asking God, "What, if anything, are you "saying" to me?" What characters of God are described in these verses?
7. Try to set aside some extended time this week to rest with God. Jot down some thoughts about your experience to share with your group. What did you do? What did you stop doing? Was it easy or difficult to set aside this time?