



Week 3 / Rest

Scripture: Mark 1:29-29

Bottom Line: When I rest I choose to trust in God's ability and unfailing love.

Video Question: Growing up did your family have a day of rest? What did you learn about rest growing up?

1. Start group by going back to the Bible and reading our text from this week. Read Mark 1:29-39 ESV and share what surprises you or inspires you from the passage.
2. Why do you think we boast about our busy lives today?
3. In the Old Testament God commanded us to rest but we consider rest optional. Why has that perspective consumed our society?
4. Do you find it easy or difficult to make time to rest?
5. We talked about rest being a courageous choice? Why does it take courage to slow down and rest?
6. Taking time to rest means saying no to something you could be working on. What is something you need to say no to in order to find space for rest?
7. The spiritual habit of rest is active unlike daily needed passive rest in unplugging or sleeping. What do you think it means to be active in your times of rest? What would that look like for you and cause you to enjoy the effort of your work and give God your full attention and trust?
8. What's one way this week you can work rest into your routine?