

DISCUSSION GUIDE

Reset Your Rest | Pastor Daniel Groves
The Reset: New Beginnings Week 4

Main Idea

There's a worldly way to be still & rest, but that won't fill us up. It's like chasing after the wind. Then there's God's way. Where one breath of His spirit enters the room, and miracles break out. Something happens when you are STILL and you know that He is God.

"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." (Psalm 46:10, NLT)

Additional Scripture: Psalm 37:7, Hebrews 11:1, Matthew 11:28, 1 Peter 5:7, Luke 12:25

3 TYPES OF REST WE SEE FROM JESUS

SPIRITUAL REST

Jesus walked out spiritual rest through prioritized time with the Father. He demonstrated that there is no better way to prepare for your day than to spend intentional time with God. What can you do to follow the example of Christ in finding spiritual rest? What have you done in the past that has been effective?

Additional Scripture: Luke 5:16, 6:12

EMOTIONAL REST

Jesus walked in emotional rest by processing difficult moments with the Father. What is your default when you become emotionally spent? In what way are you possibly exhausted because you are busy doing things that aren't your business?

Additional Scripture: Matthew 14:13, Deuteronomy 4:29

PHYSICAL REST

Jesus engaged in physical rest to continue the work God had called Him to. Knowing that Jesus is with you in the storm empowers you to walk in a spirit of rest. Discuss what Pastor Daniel meant when he said, “I’ve decided this year to work from rest, NOT have to rest because of work.”

Additional Scripture: Mark 4:35-41, Ephesians 6:15, Exodus 33:14

Summary

You can't break a person who gets their strength from God. His strength comes from abiding in His rest. Like Jesus, we must prioritize spiritual, emotional, and physical rest. Our prayer as a church is that we would sing fewer songs about the storm and more about the God who's in the storm with us.

Call To Action

A goal without a plan is just a wish. A goal with a plan produces results. Day-to-day decisions define destinies. Learn to RESET spiritually, emotionally, and physically through strategic times of rest.

1. We were encouraged today to filter life through this one word - HALT. Don't do anything if you are H - Hurt, A - Angry, L - Lonely, or T - Tired. Make an effort over the next week to live your life filtered by HALT.
2. Pastor Daniel shared this quote by Zig Ziglar: “If you don't plan your time, someone else will help you waste it.” This week, review and measure your rest in all three categories as you intentionally plan your time to allow for rest.
3. What better way to prioritize rest spiritually, emotionally, and physically than by doing it together. Consider [LEADING](#) or [JOINING](#) a Connect Group today.

Group Leader Resource

Game: What Do We Have In Common?

Have a group member start the conversation by sharing something they are interested in, like popular TV, music, foods, or whatever they love to get everyone thinking. Popcorn it over to the most enthusiastic team member with that same interest and have them share a new one.

Typical icebreaker questions can get people to say a sentence or two about the subject. Still, if you're passionate about it, you'll see more personality show up from the most unexpected person.

Instructions

- Start with a random group member or yourself.
- You or another group member will share an interest, such as a TV show or hobby.
- Someone with that same interest should either raise their hand or drop a note in the chat.
- Their turn will begin, and they will share a new interest.
- Enjoy!