

## Discussion Guide

### Stronger Wk4

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# Revived by Rest

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### Main Idea

Everyday poses its challenges, but in God's hands they are opportunities. Isaiah 41:10 says, So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Today we will discover how we become stronger by committing to rest.

### Genesis 2:1-3 (NLT)

1 So the creation of the heavens and the earth and everything in them was completed. 2 On the seventh day God had finished his work of creation, so he rested from all his work. 3 And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

### Rest Means to Cease, Desist, or Refrain

Sabbath means a 24 hour period of time where we stop everything and rest. We don't produce anything and we lean into God. What has been your previous understanding of the command to take a sabbath?

### Rest is Meant to Both Disengage and Engage us at the Same Time

Pastor Daniel mentioned how Moses (Exodus 3) "turned aside" from his task of shepherding to experience God. What do you think would have happened if he chose to just focus on his tasks? What does Exodus 20:1-11 tell us about the original plan God had for rest?

Additional Scripture: Exodus 20:8-11

## **Our Rhythms Represent What We Allow In Our Lives Verses What We Create Our Lives Around**

Secular Rhythm: work, work, work, work, work, vacation

Sacred Rhythm: Sabbath, Work, Sabbath, Work, Sabbath, Work

What rhythm have you been following? How can you tell if someone is busier than God intended them to be?

Additional Scripture: Psalm 23

## **We Have To Work From our Rest, Not Rest From Our Work**

Read Matthew 11:28-30. What in your life right now would you identify as a burden?

Additional Scripture: Matthew 11:28

### **Rest Requires Four Things:**

- 1. Rest Requires Planning**
- 2. Rest Requires We Stop** (Hebrews 11:1)
- 3. Rest Requires We Discover Our Delight**
- 4. Rest Requires That We Remember** (Isaiah 24:1; Psalm 119:24)

Resting means that we will trust God with what we need to stop doing in order to rest. Which of these four requirements do you find most difficult to commit to? Why is that?

## **SUMMARY**

I think we would all admit that our rhythm in life is usually not the way God originally designed it to be. We are far too often busier than God wants us to be. We need to “remember the sabbath and keep it holy” in order to get our lives back into balance.

## **CALL TO ACTION**

1. Take a moment to evaluate your calendar and your schedule and determine how you can adjust your rhythm to work from your rest. Discuss it with your wife and family and determine what a weekly sabbath will look like for you.

2. Remember that we are humanBEINGS not humanDOINGS. Make a plan for your sabbath. Remember, thinking on the love of God is the central focus.
3. Start to implement the spiritual habit of rest this week. Choose to declare a 24 hour period of time in your week where you rest and honor God.

Hope City has a great next step for you as you seek to discover your purpose through [Growth Track](#). We also offer a great way for you to make connections and be an encouragement to others is by [Leading](#) or [Joining](#) a Connect Group, or serving on a [Dream Team](#). If you need assistance you can email [info@hopecity.com](mailto:info@hopecity.com).

## GROUP LEADER RESOURCE

### **Game: Biblical Encounters**

If you were able to visit heaven, what biblical person would you talk to besides Jesus? For example, the Apostle Paul would be someone from the New Testament era that would provide hours of dialogue and inspiration.

Challenge a group of teens or adults to answer such questions and offer their own take on things. The conversation really gets interesting once people start mentioning Judas or other “negative” characters. How so? Well, there are a lot of things you can learn about human nature by theoretically speaking to, let’s say, Doubtful Thomas or Pontius Pilate.