



THE RESET

Discussion Guide

01/21/2024

The Reset: Yield Week 3 Leave The REST Up To Him

Pastor Daniel Groves

Main Idea

There's a worldly way to be still & rest, that won't fill us up. It's like chasing after the wind, and then there is God's way. Where one breath of His spirit enters the room, and miracles break out.

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

Read: Psalms 37:7; Hebrews 11:1; Matthew 11:28

Jesus Prioritized Spiritual Rest

Jesus knew that there was no better way to prepare for His day than to spend intentional time with His 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?

Read Luke 6:12; 5:16

Jesus Prioritized 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?

Read Matthew 14:13; Deuteronomy 4:29

Jesus Prioritized Physical Rest

Jesus engaged in physical rest for the sake of continuing 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."

Read: 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

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 taking that step by [LEADING](#) or [JOINING](#) a Connect Group so that you can build authentic relationships and grow your spiritual life.
4. Mark your calendar for our Night of Worship on January 28, 2024, 5 PM, at the West Houston Campus (Houston Christian High School).

GROUP LEADER RESOURCE

Game: Jenga Questions

Jenga Questions is an icebreaker game for students and other groups, where your team plays Jenga, while also answering questions. Depending on whether you have a standard or giant Jenga set, either write numbers that correspond with questions or the actual questions on each brick. As each team member withdraws a brick, answer the question associated with it.

Since an element of unpredictability exists with Jenga Questions, this exercise creates a spontaneous, easygoing way for employees to share information about themselves. This impromptu element elevates your team's Jenga experience to go beyond simply balancing blocks.

Here is a list of [fun this or that questions](#) you can use for the game.