



Connect Group Discussion Guide

1. Take a few moments to think about what “rejoicing” means to you. What does that look like? Feel like? Based on how you define it, are you rejoicing? Why or why not?
2. We learned in the sermon that as our faith grows, we learn to see the divine in un-divine places (Read the Luke verses). Do you find truth in that observation? Why or why not?
3. There are three characteristic of a noisy heart that is not at a state of rejoicing. It:
 - Drives us to want to look past those things in front of us for which we can be thankful
 - Drives us to be at a state of dis-contentment with our current situation (we are not fully present)
 - Drives us to be somebody we are not

On a scale of 1—10, with 10 being very grateful, based on the above, how “rejoiceful” is your heart today? What is the reason you rated it the way you did?
5. Read Hebrews 4:1-13 aloud. The word rest here means “harmony”; when a person’s faculties and affections: will, imagination, conscience, heart are all content. Given this, are you experiencing peace in your heart? If not, what can be causing your dis-harmony?
6. Read Matthew 11:28. The origin of weariness is disharmony with our Creator; limitations in these areas:
 - Our perception: We don’t see as He does
 - Our purpose: We don’t embrace His calling
 - Our plan: We don’t follow His lead
 - Our pursuit: We chase our own dreams

Talk about how you can begin to find rest in these areas by shifting your perspective.
7. Here are four ways you can move towards biblical rest (discuss these):
 - Knowing that God has designed you and your destiny for His use
 - Having faith in God’s design for you
 - Making the most of your “today”
 - Being obedient to what God is guiding you to do - especially to positively impact the lives of others

Series:
**Manger Things; Making the
 Manger the Main Thing
 “Rejoicing”**

Week of December 5, 2021

Main Idea

Biblical rest is not the same as our modern-day definition.

Biblical rest means “harmony”; when all of our faculties: will, imagination, conscience, and heart are all content.

Key Scripture Reference(s)

Read aloud:

Luke 2:1-20

Hebrews 4: 1-13

Matthew 11:28

Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

Mon: _____

Tue: _____

Wed: _____

Thu: _____

Fri: _____

Sat: _____

Sun: _____

This is a constant element, so you can practically live out your faith everyday.