



## Connect Group Discussion Guide

1. Take a few moments to think about what “rest” means to you. What does that look like? Feel like? Based on how you define it, are you resting? Why or why not?
2. When people come back from a vacation, have you ever heard them say, “I need a vacation from my vacation!” This means that a time designed for rest, rejuvenation and relaxation may have been anything but that. Have you ever felt that way? What was the reason and situation that caused that feeling?
3. We learned in the sermon that it is the “noise” and world inside of us - rather than the world outside of us - that grinds us down. Do you find truth in that observation? Why or why not?
4. There are three characteristic of a noisy heart. It:
  - Drives us to want to be somewhere we are not
  - Drives us to do something other than what we are currently doing (we are not fully present)
  - Drives us to be somebody we are not

On a scale of 1—10, with 10 being very noise based on the above, how noisy is your heart today? What can those in your CG do to help?
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 biblical rest? 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

## “Biblical Rest”

Week of Sept. 6, 2020

### 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:  
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.*