



Part 2: Real Rest

Big Idea

As we continue through the Reply All series, this Sunday's message brought focus on why we are stressed out as a culture, and how we can pursue and participate in true rest. Today it seems that everyone is stressed! We are stressed because we are so busy and because we are so busy, we are tired. We don't know how to experience true rest. True rest is more than just sleep, it's more than just time-off from work, and it's more than a vacation. We can experience real rest by resting in our salvation, by keeping a Sabbath, and through discovering the significance of the purpose God has for us.

Matthew 11:28-30 (MSG)

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Discussion Questions

- Are you or have you been stressed out? Can you describe what it's like to have a full schedule but still feel like your time is spent in ways that lack significance?
- What is the difference between escapism and real rest? How can you implement times of rest into your daily/weekly/monthly life?
- How can you create times where you truly rest? Times that are refueling you instead of just escaping the toils of life? What would a time like that look like for you?

Prayer Focus

Thank God for his promise of rest. Ask that He give you new ideas on how to pursue Him and true rest, and what new things you can do to truly rest.

Next Steps

As you implement more rest into your lives, draw your family and friends into your time of rest to participate in a favorite hobby or to have meaningful times of fellowship. Dig deeper into your relationship with God and others.

Leader Tip

Encourage your team to discover areas in their lives that are adding to their busyness and not to their rest. Have them make a plan for how to maximize their time and decrease stressors.