



Part 1: I Will Give You Rest

Big Idea

This week, Pastor Larry Stockstill begins Summer at Highlands by reminding us of the importance of rest. God calls us to rest and doing so is an important part of living a healthy, balanced life. Jesus wants to provide us with more than physical rest. In Matthew 11:28-30, Jesus shares that by leaning on and learning from Him, we can also experience rest for our emotions and refreshment for our souls.

Pastor Larry shares four principles of rest that can help us maintain a balanced life this summer. First, we maintain our routine. As we set up and maintain sustainable routines for our day (mornings, meals, work, family, and sleep), we gain health benefits and confidence. Second, we manage our emotions. By viewing life with an eternal perspective and adding margin to our lives, the small disruptions of life lose the power to negatively impact us and throw us off-mission. Third, we remember the Sabbath. God created the Sabbath for man, as a time for He and His children to spend together. Scheduling a weekly personal day and a day of worship and family time are important aspects of learning to rest as God intended. Lastly, we conquer our thoughts. Satan constantly bombards our minds with calls to worry and doubt. Take these thoughts captive by reminding Satan that he is a liar and that Jesus meets all our needs and is our perfect peace.

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” (Matthew 11:28-30 NKJV)

Discuss

- What is the difference between physical rest and emotional rest? Why are both important?
- Why do you think Pastor Larry says routines must be sustainable? Share how you can create sustainable routines in your own life.
- Identify thoughts that cause you worry and unrest. What biblical truths contradict those lies? Write down scripture that responds directly to what’s troubling you.

Prayer Focus

Ask the Holy Spirit to reveal areas of unrest in your life. Pray for the wisdom and discernment to make sustainable, biblical changes in your life to help you find rest for your body, emotions, and soul.

Next Steps

Creating a new routine is a great next step. Next steps may look different for each of us, but a few options are starting a daily devotional, joining the Dream Team to serve others, or by leading a Small Group.

Leader Tip

Share practical examples of how you maintain any or all of the aspects of rest in your life. Also, remind your group that Serve Day is Saturday, July 14. Encourage them to think about possible serve projects for your group.