

CHILL

God's Rhythms for a Heart at Rest

WEEK 2 | GROUP DISCUSSION QUESTIONS

CONNECT

- This week, we are talking about Rest in Reflection. Reflection. For some of us, this word alone can cause tension, because it's something that we know we need to do but struggle to do or we don't want to do it for fear of what we will be forced to face if we reflect? Can you relate to this? Are you someone who loves to reflect? If yes, what is your favorite place or way to reflect?

CONSIDER

- What was encouraging or challenging from the sermon and/or daily devotions this week?

CHRIST

Read Psalm 46:10.

- This verse opens up with the words "Be still." In our culture today, this can feel like an impossible task. Culture tells us to go, go, go, but God tells us to be still. This is a tension we can all feel, and, more than likely, we are feeling this on a daily basis. **Think about your current schedule; what in your schedule is preventing you from being still?**
- The first part of this verse says, "Be still, and know that I am God!" This verse does not say, "be still and have the Bible memorized", or "be still and have your life perfectly together", or add anything with which you may be struggling. It says, "Be still, and KNOW that I am God!" All we have to do is know that God is God. While that may seem like a simple task, sometimes our actions show that we don't KNOW God is God. We try to take over things that are meant to be put in God's hands. For example, maybe our career or our kids? Finances? Where in your life do you need to stop, be still, and KNOW that God is God?
- Another word for exalted is "to be held in high regard," meaning God will be over all! What kind of peace or rest can this give you knowing God truly is over everything?
- This weekend, Nate talked about how we will keep ourselves so busy that we have little to no time to reflect. Reflection is necessary because change in yourself is necessary in order to grow more and be more Christlike. If you currently have reflection time, what does it look

like for you? If you don't have reflection time in your schedule, what would it look like if you made time for this? When and where would you have your reflection time?

- **Distraction! What are your current distractions? Call them out!!!!**

Read Hebrews 4:9-13.

- **Sabbath is an excellent day and time to rest and reflect! Does your family protect the Sabbath?**
- **If you're not in the habit of practicing Sabbath, it can feel daunting and impossible. But God is always showing us His grace and mercy. If your family is actively practicing the Sabbath, how do you do that? What do you do during the week to prepare for it? If you are not currently practicing the Sabbath, what is one thing you can do to start being better at this? Maybe start by scheduling one day a month where you don't schedule anything!**

CALLING

- **What action steps can you take over the next couple of weeks to start being still? Do you need to eliminate something from your schedule? Do you need to add to your schedule? Wake up earlier? Stay up for 5 more minutes? What can you do to guard time to reflect?**
- **Daily Devotions: Spend 15 minutes each day with Northside devotions. Text DEVO to 81212 or use the Study tab in Northside's mobile app for daily devotions.**
- **Memorize:**
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7
- **Further Study**
 - Watch this video about the Sabbath:
<https://www.youtube.com/watch?v=PFTLvKB3JLM>