



CHILL

God's Rhythms for a Heart at Rest

WEEK 1 | GROUP DISCUSSION QUESTIONS

CONNECT

- In this series, we are talking about developing healthy rhythms of rest. However, people have a different feeling about rest. Some look forward to it; some view it as a necessary evil. What category below describes the way you look at rest:
 - I look forward to it.
 - I'll rest after what I have to do gets done.
 - I'll rest when I'm dead.

CONSIDER

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

CHRIST

- There is a very familiar portion of Scripture in Matthew 11:28-30 when Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest." People often use this to claim that Jesus will give them physical rest and, while he can certainly do that, the context here shows that the rest is "for your soul"; a spiritual rest. A yoke mentioned here is something used to link two animals together to do work. Jesus says that when we link up with Him, the "yoke is easy and my burden is light." How can or how has Jesus given rest to your soul?

Read Mark 2:23-28.

- Here we see Jesus' claims in verse 28 that He is "Lord even of the Sabbath." This was a bold claim He made to the Pharisees, since they believed the Sabbath was a holy day when even the hungry should not work. Jesus makes another interesting comment in verse 27 when He says, "The Sabbath was made for man, not man for the Sabbath." What do you make of this statement? Is Sabbath a gift from God that we are not opening or receiving?
- Here are a few definitions of the word *rest*:
 - (verb) to cease work or movement in order to relax, refresh oneself, or recover strength
 - (noun) an instance or period of relaxing or ceasing to engage in strenuous or stressful activity

These definitions give us an idea of what the consequence might be of not resting, that we may not be refreshed or recover strength. However, ceasing from work or strenuous activity, especially from “stressful activity,” might be difficult when life would tell you that things need to get done.

Would you say that you find it more difficult to cease from physical work or stressful activity?

- Another definition of the word “rest” as it pertains to music is “an interval of silence of a specified period.” This suggests that there is a certain rhythm that we should incorporate. Would you say you have a healthy rhythm to your work and rest schedule?
- Years ago, it was believed that as technology increased, life would be easier, and in many ways it should be. Today, at the push of a button, we can do things in just seconds that took hours to do. Think microwave ovens and how they have made cooking or reheating food much faster. How washing machines and dryers have made cleaning our clothes much faster than washboards and clothes lines. The list goes on (think dishwashers, hair dryers, etc.). However, rest in 21st Century America is often more difficult to come by, and it seems it becomes harder each passing year. Consider this:
 - 100 years ago and prior, we primarily lived off the land or worked in a factory, and much of our work was hard, physical labor. We did not all have TVs, computers, or cell phones. Rest was necessary simply to have enough energy for the next day of labor, and without other electronics to occupy our time, rest happened with more regularity.
 - 50 years ago, America as a whole began to no longer obey the Sabbath and businesses and youth activities/sports that previously viewed Sunday as untouchable, started treating Sunday like every other day, making it more difficult to have a day of Sabbath.
 - 20 years ago, the widespread use of computers and access to the internet and cell phones in everyone’s hands made disconnecting even more difficult. Rest becomes even harder to come by.

Can you see how finding a healthy rhythm of rest today is more important than ever?

CALLING

- What can you do in the next 30 days to create a healthy rhythm of work and rest? Take your October calendar out right now and block off those times of rest, renewal, and refreshing. It is said that it takes 30 days to form a new habit. Make a decision right now to honor those times you put in your calendar this month and see if that forms a new habit that you can carry on in the months to come.
- 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:
There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his.
Hebrews 4:9-10 (NIV)
- Further Study
 - *Resilient - Restoring Your Weary Soul in These Turbulent Times* by John Eldredge