

# Small Group Time

## Icebreaker

If you could take tomorrow off from your day to day activities and your only objective was to “rest,” how would you spend your day?

1. What have you learned this week through your personal study?



### Question 2

We don't like to admit it, but in the American church we sometimes allow traditions, institutions and influential people to take center stage.

2. Moses was considered the greatest leader in the Jewish faith, and because of Moses' high regard, many struggled to see Jesus as better than Moses. In Christianity, what people or systems do we hold in such high regard that they compete with Jesus?

*This question should spark some good conversation, but the conversation will likely bring varying opinions to the table. Remember to be open and allow these opinions to be heard. Open discussion is the goal, not heated debates.*

3. Hebrews 3 points to three types of rest: redemptive, Canaan and Sabbath rest. Brady showed us in 1 John 2:12-13 how these stages of rest show up in our spiritual journey. Read this passage as a group. Do you see the progression of spiritual rest through maturity in Christ?

*Read this out loud and refer back to the DVD and commentary if you need any clarification on the three types of rest.*



### Questions 4 - 6

The purpose of these questions is to look at our day to day lives and our culture and determine why we are missing rest. When we realize what things rob us of rest, we can begin to make changes in our lives to reclaim it.

4. What are things in your life that rob you of rest in your life?

5. If you could, what changes would you make to your schedule to promote rest in your life?

6. What affect has the American culture had on rest?

## Response

As a group, discuss ways that you could help each other get some much needed rest. Think creatively. Keep in mind that we as human can experience physical, emotional and spiritual rest. Do your best to include everyone and attempt to do these things over the next three weeks.



