

## How Can I Change? Part 5 - Rest

February 6, 2022

Habits of Change, Genesis 2:2-3, Mark 2:23-28, Matthew 11:28-30

Community Group Discussion Questions

### PLEASE READ BEFORE LEADING DISCUSSION

- **Recommended questions are highlighted in bold, but select 5 or 6 questions you think will work best for your group discussion. You likely won't have time to discuss all of the questions so choose which questions you will ask ahead of time and make sure to provide plenty of time to focus on the application questions.**
- **Feel free to edit or reword questions to best fit your group.**
- **You may want to print out copies of this document for everyone so they can follow along with the questions as you read them.**
- **Check out this Facilitation Guide (<http://bit.ly/CGFacilitationGuide>) for tips on leading good discussions.**

### ICEBREAKER (5-10 Minutes)

1. **Share your name and answer one of the following questions:**
  - **What is your favorite way to unwind?**
  - What would an ideal day off look like or you?

### OPENING THE DISCUSSION (5-10 Minutes) – *Have someone recap the message in about a minute or two and then ask the following questions:*

2. **What did you think about Sunday's message?**
  - **What questions, stories, scripture, or ideas stood out to you?**
3. Daniel shared a 6 question quiz to determine if you are "hurry sick" (see the app notes).
  - Which of these 6 things are true of you?
4. As we pursue rest, Daniel challenged us to considering taking one day each week to stop.
  - Is that realistic? If so, what would that look like? How would we do that?

### DIGGING DEEPER (10 Minutes) – *ask everyone to follow along in their Bible or Bible app. You might consider looking up these passages online and sharing your screen to review them together.*

5. **Read Genesis 2:2-3.**
  - **What does this passage teach us about the importance of rest?**
6. **Read Mark 2:23-28.**
  - **What can we learn from Jesus' teaching about how we should approach the Sabbath?**
  - According to Jesus, what is the point of the Sabbath?
7. **Read Matthew 11:28-30.**
  - According to this passage, what is necessary for us to find rest?
  - **How does the rest our world promotes differ from the rest Jesus provides?**

### APPLYING IT (10-20 Minutes)

8. **As you consider your life, what do you need to do differently to experience the rest God promises?**
9. **What would a rest day look like for you? What would you need to do to make that a weekly pattern?**
10. What is your biggest takeaway from this message?