

GROUP DISCUSSION GUIDE

April 24, 2022

GEAR #1

Rest

Pastor Matt Manning

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NOTES

1. Open with prayer. (2-5 min)
2. Read Hebrews 4:9-10.
3. Discuss these questions with your group. (20-45 min)

GEAR #1 - Rest

MY STORY | Vulnerability

What kinds of non-work activities (or rest) would totally recharge your batteries? (7-10 min)

DIGGING DEEPER | Practical Biblical Application

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. Let us, therefore, make every effort to enter that rest ... (Hebrews 4:9-10)

Why would you have to *make an effort (work hard)* at entering into a Sabbath-rest? What type of planning is needed to make this time actually refreshing? What types of things might you have to give up?

GROWING TOGETHER | Spiritual Friendship

It could be said that we don't rest because we don't trust God, or don't trust people around us to get things done. Which do you gravitate toward and why?

What would happen to your job, your family, or the Kingdom of God if you took a day off every week (and the people involved in those things with you knew you were going to consistently do that)?

MOVING OUTWARD | Faith In Action

Pick a 24-hour period during the week during which you're going to turn your work-engine off. What preparations would you have to make? Who would need to know you were going to do this? What work-related activity (or rest) would totally recharge your batteries during this time?

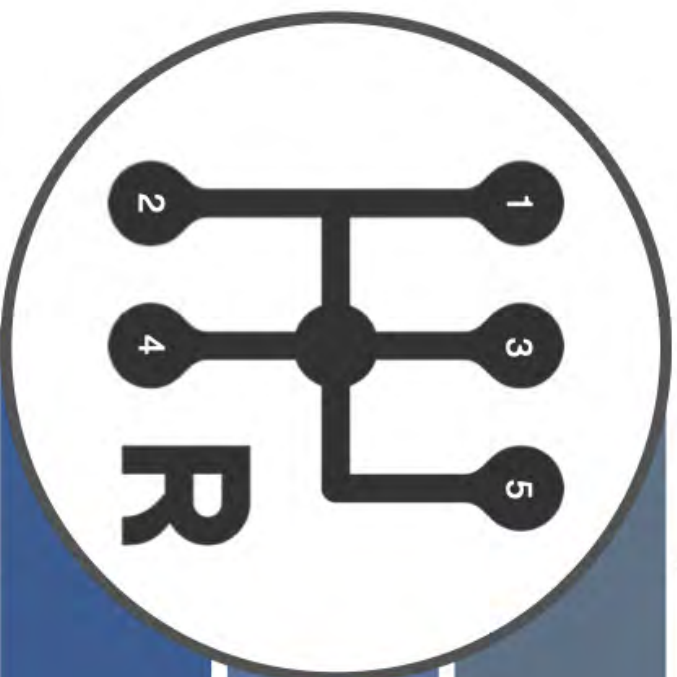
Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?



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5 GEARS



5th **Focus Mode** · In-the-Zone, fully focused and immersed in a project

4th **Task Mode** · Multi-tasking, and managing To-Do Lists

3rd **Social Mode** · Small-talk, chit-chat, socializing

2nd **Connect Mode** · Going deeper and bonding with someone

1st **Recharge Mode** · Rest, Recovery, and Personal recharge

R **Responsive Mode** · Backing up or apologizing when necessary