

## **Week #3 — REST.**

### **Bible Text:**

Genesis 2:2-3 &  
Mark 2:27

### **Opening Questions:**

1. What are your summer plans?
2. What would your ideal summer months look like?



### **Discussion Questions:**

1. Describe the perfect way to rest.
2. What blocks our path of rest most of the time? If you could change that blocked path, how would you do it?
3. If Creator God rested after his work, shouldn't we? Why is this question so simple, yet challenging?
4. Imagine being an Israelite post-Egypt. Why would it be challenging working from sun up to sun down every day, all day to being forced to take a day off?
5. Do your day(s) off feel like day(s) off? Do you feel rested afterwards?
6. Garrett quoted Craig Groeschel today, "If the devil can't make you bad, he'll make you busy." Describe your first thoughts of this statement.
7. Choosing rest over rush is easier said than done; however, are there practical steps you and your family can begin to take now? Discuss with the group and perhaps often other group members suggestions.
8. How can this homegroup help you be rested and not rushed?

### **Next Steps & Prayer Requests:**

- Think through practical ways you can rest this week, this summer and this year. Make it a priority.