



DISCUSSION GUIDE

Chapter 4 | The Value of Rest

"Come to me, all you who are weary and burdened, and I will give you rest."
Matthew 11:28

DISCUSSION POINTS

Ways to experience the rest Jesus promises:

1. Create clear boundaries for your attention/priorities.
2. Establish a daily/weekly/monthly/quarterly routine.
3. Recognize the impact of identity on your ability to rest.

DISCUSSION QUESTIONS

How would you describe the quality of your sleep? When was the last time you felt truly rested?

What is the value of daily/weekly connection with God and others (daily time with Jesus, church attendance, small groups, fellowship)? What happens to you when you neglect those moments?

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What are some boundaries that you have in place, or would like to have in place to create more rest?

Do you feel like you have the capacity to rest? Why or why not?

What are you going to do practically to regularly experience biblical rest?

PRAYER REQUESTS AND CLOSE IN PRAYER