

## “Rest”

*A Personal or Small Group Experience*

The idea of “rest” being vital for us to thrive in life is intriguing to me. Notice I said “vital for life” not “vital for spiritual life!” That is too restrictive as if we can compartmentalize our life into different lives! Maybe that is just the problem—we are trying to juggle too many lives! I have my vocational life, family life, recreational life, financial life, spiritual life, private life,.....! Maybe Jesus is saying to me, “*delton—you are just you. You love a life and I am the One that brings LIFE into your life!*”

when He talks about “rest for my soul” He is not wanting me to put that into one compartment like “my spiritual life” as if it doesn’t directly affect the rest! No, I think He is saying, “*For Life you need ‘rest’ in the core of your being, your soul, the center of all you aliveness*”.

In light of this spend some time talking and reflecting on Jesus words in **Matthew 11: 28-30**. You may want to read and hear it several times from different translations. I have included the NIV and the Message version in these notes.

*What is Jesus saying to you? What is He actually inviting you to?*

*This invitation seemed to stand out in the midst of all the push and pull, noise and craziness of life in Jesus time. In what way does His invitation stand out in the noise, voices, craziness, busyness and your life?*

Take a look at some places in scripture where God calls us to the “rest “ in His presence. Discuss what it would practically look like in your life to “come to Him and find rest!” - to enter His presence publicly and privately! What helps? What doesn’t? What is Jesus saying to you?

**Mark 6:30-32**

**Hebrews 4:9-16**

**Psalm 46 especially verse 10**

Enjoy some time talking with each other about rest in all aspects! Talk about how the summer provides some unique opportunities and how all different kinds of rest and “needs for rest” are intertwined together.

## “A Summer to Thrive!”

### “Connecting With God” Weekly Guide

This booklet is a resource to help you “Connect with God” this week. He deeply desires ongoing personal connection with you. You are that important to Him.

**This Page** has some scripture verses for you to meditate on each day this week. Notice the helpful hints section – these are great things to consider when personally engaging with God through His Word.

**The Center Pages contain** the notes and outline for the message given on Sunday. The message is also available as an audio download from [www.pointofgracechurch.org](http://www.pointofgracechurch.org)

**The Back Page** has a study written specifically for a small group of people (or an individual) to drill down deeper into a particular aspect of the week’s theme. Small groups can review memorable points of the week’s message and then work through the study concluding with a time of prayer.

### *Scripture & Meditation Guide - May 30-June 4*

#### Helpful Hints:

- 1) Find a quiet place along with 15-20 minutes!
- 2) Focus on God for a few moments asking His Spirit to speak to your heart!
- 3) Listen to Him by reading a section of scripture then rereading it several times, dwelling on “words and phrases” which grab your heart’s attention. Ask God, “What do You want me to hear?” “Why this word at this time?” “How are You inviting me to respond?”
- 4) Pray everything that is on your heart and mind as you are ready!  
*Worship Him, Bless Him, Thank Him, Ask Him, Trust Him*

**Monday:** Matthew 11:28-30

**Tuesday:** Mark 6:30-32

**Wednesday:** Psalm 46

**Thursday:** Psalm 42

**Friday:** Hebrews 4:9-16

**Saturday:** Psalm 19