

Running On Empty

Rhythms of Rest (Week 1)

LifeNotes

TALK IT OVER

Main Idea

We will stop running on empty when we experience the rhythm of rest found in a close relationship with Jesus.

Key Scriptures

The Lord will fight for you; you need only to be still. Exodus 14:14 NIV

Remember to observe the Sabbath day by keeping it holy. Exodus 20:8 NLT

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath." Mark 2:27 NLT

Any application of the Sabbath Law which operates to the detriment of man is out of harmony with God's purpose. — G. Campbell Morgan

How do we experience holy rest?

1. Renew our mind.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2 NIV

2. Come close to Christ.

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28 NLT

Start talking.

- What does it look like for you to "run on empty"?
- How has the second half of the pandemic/recovery been more difficult?
- Has there been a time when you have "hit the wall"? If so, explain.

Start thinking.

- Read Exodus 14:14. How would the Israelites received this?
- Why would this have felt so counterintuitive?
- Read Exodus 20:8. At its simplest, what is the definition of Sabbath? Why does God want us to

observe it? Do we treat this commandment with the same reference as other? If not, why not?

- Read Mark 2:27. Why did God create rest? How had the Jews missed the heart of this?

Start sharing.

- Pastor Joel made the argument that we often treat rest as a destination. Do you agree? How does treating it as such make it difficult to experience?
- What are the obstacles for you experience regular rhythms of rest?
- What would it look like to model the discipline of rest?

Start doing.

- Read Romans 12:2. How can you "renew" your mind this week in regards to embracing the holy rhythm of rest?
- Read Matthew 11:28. Pastor Joel invited us to come to close to Christ in three ways:
 - o Close in prayer
 - o Close in confession
 - o Close in praise
- What does it look like for you to apply each this week?

Closing prayer.

Jesus thank you seeing me just as I am and drawing me close. I confess I so often get rest wrong. Help me to embrace a healthy, holy, rhythm of rest in my life. Renew my mind as I seek to better understand and obey your commandment to honor rest.