



Pause: Rest | December 6, 2017

Discussion Guide

The Scoop

Could it be that naps are a part of the creative process? What if Jesus took naps, too? This week we examine God's design and how He regularly instructs us to rest.

Key Verse

Mark 6:31 (NLT)

Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

Discussion

Think of the last time you felt rested. What did it feel like? How long ago was it? How long did it last? Rest is an essential part of creativity, thinking clearly, and even joy. Rest is such an important part of our body's needs, but we regularly look for life hacks to avoid it and function without it.

1. When is the last time you had time to rest, relax, and feel rejuvenated?
2. What is the most restful thing you can do?

Studies show that chronic stress and lack of rest is proven to have negative affects on our bodies. Lack of rest causes our bodies to emit toxins that fog our brains, slows our memory, and even limits our ability to feel joy. Additionally, the Bible is rich with examples of God giving us instruction to rest and countless examples Jesus pulling away to rest.

3. What do you feel when you don't have an opportunity to rest?
4. What are some examples of proof that God cares about rest from the Bible or from physical examples of lack of rest?

Science and faith are both screaming loudly that we are designed to rest. Rest gives us a chance to recharge our batteries, dump all of the build of stress that prevents our bodies from functioning properly, and leaves room for God to better engage with us. In Mark 6:31, Jesus takes the disciples away from the crowds of people to rest. Their work was very important, but Jesus knows that the important work required them to be at their best.

5. What might it look like for you to pull away from the crowd? Do you believe it's important? Do you believe it's possible?
6. If you could do one thing this week to begin a habit of rest, what would you do?

What's Next?

Taking time to rest isn't just a good idea or loose suggestion. Our bodies regularly tell us of its importance, and the Bible regularly reinforces its importance. You wouldn't think it would be so hard to pull away, rest, take a nap, etc. This week, as you live out your faith, take time to pull away. Work hard to examine your habits and build in time for rest so you can be at your best when you are on the go.