



Week 2: A New Pace

Rest is perhaps one of the most difficult things for most people to embrace. It feels like the opposite of productivity and our western culture is all about getting things done. We put enormous amounts of pressure on ourselves to meet deadlines, goals, and expectations. There's no time to do nothing. But if we don't change our pace, we'll have nothing left. Jesus accomplished a tremendous amount of work and ministry without being in a hurry or burning out. There is a way to get it all done without coming undone and He invites us to learn how.

Discussion Questions:

1. What's the most restful vacation you've ever taken? What did you do (or not do) that made it restful?
2. Genesis 2:3 says that God rested on the seventh day from all his work of creation. Why do you think God did this? What should this teach us about our work? Do you take a day to rest weekly? Why or why not?
3. Divide up the following passages and have group members read them out loud one at a time: *Matthew 14:6-13, Matthew 8:18; 23-24, Mark 1:35, Mark 4:35-38, Mark 6:30-31, Mark 6:45-46, Luke 5:15-16, John 4:3-6*. What are the various reasons that motivated Jesus to rest? What do we learn about Jesus in these passages? Why do you think a regular rhythm of rest is so important?
4. Shawn shared the four things that keep sheep from lying down: fear, competition, aggravation, and hunger. As the "sheep of His pasture," which one of these four things keeps you from resting?
5. How do you rest best (napping, cooking, exercising, reading, etc.)? Commit to taking a day this week to rest and do something you enjoy. Come next week ready to share how it went.