



NEW TEACHING SERIES  
**WHAT  
YOU  
CAN  
DO:**

## You Can Find Rest

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**Today's Truth: You are at your best when your soul finds rest.**

Genesis 2:2–3 (NIV)

Genesis 4:10–12 (NIV)

### **Warning Signs of a Restless Soul:**

- Lack of margin
- Seeking entertainment to escape
- Impulsiveness
- Agitation
- Hurry

*Hurry is the great enemy of spiritual life in our day. Hurry can destroy our souls. Hurry can keep us from living well.* John Ortberg

- Anxiousness

*"Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?"* Luke 12:25–26 (NIV)

*My soul finds rest in God alone; my salvation comes from Him.* Psalm 62:1 (NIV)

Isaiah 40:28–31 (NIV)

Matthew 11:28–30 (NIV & MSG)

**This Week's Spiritual Practice: Set aside space for sabbath rest.**

### **Four R's of Sabbath Rest:**

- Relinquish
- Reflect
- Recreate
- Restore

## Q—Is your soul well?

DOING *Life Together*

### Study & Discussion for Your Next Small Group

Theme: *Rest in God's Best*

**Share Together:** What's the most relaxing vacation you've ever had? What made your vacation so relaxing?

**Reflect Together:** What impacted you the most from Sunday's message, and how were you able to apply this week's Spiritual Practice and be a part of the Season of Prayer?

**Read Together:** Genesis 4:11-12

- How is the curse of Cain reflected in our world today?
- What do you think causes people to be restless?
- From Sunday's message, what are the warning signs of having a restless soul, and which one can you personally relate to or what would you add to the list?

**Read Together:** Isaiah 40:28-31

What encourages you about what God provides in this promise? How does hope help us not to become weary?

**Read Together:** Matthew 11:28-30

- What do you think Jesus meant when he said that we should take on his yoke when we are weary? How can we learn from him in carrying our load when we do?
- What do think Jesus meant when he referred to himself as "gentle and humble in heart"?

**Re-Read together:** Matthew 11:28-30 from The Message translation

What is a best practice for you, from Jesus' "unforced rhythms of grace", that will allow you to find true soul rest on a regular basis, that you can commit to this week?

**Pray Together:** What are some burdens you are carrying that you can give over to Jesus, to help bring rest to your soul? Pray for these burdens and other needs in the group.