

Choose Rest

Big Idea: The Choices I make determine the person I become.

Text: Proverbs 2:11 (NLT) “Wise choices will watch over you. Understanding will keep you safe.”

In our fast-paced society, there is a common element in our culture both within the church and out. We have forgotten how to rest. We pay the consequences to our physical, emotional, mental, and relational health by not choosing rest. As a result, there is more going out of our physical and emotional tanks than we are putting into them. That needs to change.

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If we look at the fourth commandment, God commands us to rest on the Sabbath day. We need to choose to guard our times of rest. Our days are numbered, which is a fact of our mortality. Because of this, many believe we have to make every day count, which means working for gain every day of our lives, but God wants it different for us. When we do not rest, it is easy for our lives to get out of balance. A mismanaged life will cost us. How do we choose to rest?

1. Divert daily: Take time each day to focus on God. Read his word and spend time in worship and prayer. Then, each morning, think through and plan your day.
2. Withdraw Weekly: One day a week, rest your body. Attend services and recharge your soul. Use this time to recharge your spirit.
3. Abandon Annually: Each year, take a few days to rest in God. Seek him, and he will give you real rest. Learn his rhythms of grace.

Community Group Questions:

1. What kind of pace have you set for yourself? Spend time discussing this with the group.
2. How much time do you spend in a week in rest? Do you have a specific time and date when you work to recharge in body, mind, and spirit?
3. What challenges do you have that make you feel you cannot take the time to rest? Pray with your group about these and surrender them to God!

Prayer Focus:

Lord Jesus, you gave everything you had when you went to the cross. We are thankful for your gift of mercy and grace on that day. Teach us to rest. Please help us find rest for our body, soul, and spirit. We praise your Holy Name! Fill us today with your Spirit. AMEN.



REACHING PEOPLE WITH THE LIFE GIVING MESSAGE OF JESUS CHRIST

Next Steps:

Is there anyone in the group needing a vision? Pray for them. Give them your ear as they work the vision out. Is there someone who has come to the realization that they need salvation? Pray with them. Is there someone seeking purpose? Remind them of Growth Track. Other great steps: Have you been baptized? Do you need a Bible? Do you feel like you need a mentor? Finally, remember to always put Christ first in your life.