

Jesus on Mic

Part 2: What Does Jesus Say about Rest?

WEEK OF NOVEMBER 14, 2021

Sometimes, the things that can impact our lives the most are the most basic things, the things right under our noses. Rest is one of those things, and Jesus has something to say about it.

MESSAGE NOTES AND HIGHLIGHTS

- You need sleep and rest.
 - “Come to me, all you who are weary and burdened, and I will give you rest.” | Matthew 11:28
 - Some of the most important work happens to us when we rest.
 - The apostles gathered around Jesus and reported to him all they had done and taught. | Mark 6:30
 - Then, because so many people were coming and going that they did not even have a chance to eat... | Mark 6:31
 - ...he said to them, “Come with me by yourselves to a quiet place and get some rest.” | Mark 6:31
 - So they went away by themselves in a boat to a solitary place. | Mark 6:32
 - But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. | Mark 6:33
 - But Jesus often withdrew to lonely places and prayed. | Luke 5:16
 - Make rest a priority.
 - Don’t be afraid to ask for help.
 - Learn how to accept help.
 - Be wise about what is rest and what is not.
 - Social media is not rest.
 - Come to me, all you who are weary and burdened, and I will give you rest. | Matthew 11:28
 - Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. | Matthew 11:29-30
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DISCUSSION QUESTIONS

1. What would your “sleep report card” look like for the last month or more? How much have you been able to sleep and rest lately?
2. If you’ve been less successful at getting rest, why is that? Is it more self-inflicted, or because of external forces (like kids), or both? If you’ve been successful, how have you been able to do that?
3. We need to learn to be wise and honest with ourselves about what activities are actually restful and which are not. What are some examples of activities that seem like they’re restful for you, but actually aren’t? What are some activities (besides sleep) that actually restore and recharge you?
4. How could you, in a practical way, pursue and prioritize rest more moving forward? What creative or even difficult methods might you need to try to overcome the challenges in finding rest (especially for parents)?
5. How can you pursue the rest for your spirit and soul that comes with leaning into and trusting in God more?