



REST.

#mc3rest



Discussion
Gu'de

“restore.”

01/13/19

REST.

01/13/19

REST. *allows a driven person to trust.*

The Repeats (required)

Yes, they are the same, but *WE* change, so please discuss these with your group

- [Share the announcements (on FB thread) with your group]
- Welcome back to Pr'me! God is ALWAYS working! Sometimes we just need to keep our "antennae up", to be looking for it. Go around your group and share your God Moments of how you have seen God working, either in your life or in the life of another over the past months.
- Is there anything that you want to share that has stood out to you so far from the current Point series?

The Review (optional)

Use this section only if you want to review for those who were not in the Point

- Have someone explain the Point in their own words.*
- What object lesson or illustration was used to communicate the Point this week? How did this apply to the Point?*
- Have someone read or summarize the main Bible passage/story from the Point (see "The References" section).
- How did this Bible passage teach the Point?*

**someone who was in the Point may need to explain this*

The Reenergizer (optional)

Use this question if you need to get your group talking

- Would you rather have to run EVERY time you walked anywhere OR only be able to see one step in front of you every time you walked?

The Reflection (required)

Discuss these to go deeper, *and more personal*, into applying the Point

- As we begin this *rest.* series, let's review last week's myths about rest. Read each of the following myths, then using the connected verse, discuss what word goes in the blank and why the myth is busted:
 - *rest is ____...even though it seems shallow* Read Genesis 2:2-3
 - *rest is ____...even when it's unpopular* Read Mark 1:35-37
 - *rest is ____...even if it feels selfish* Read Luke 5:15-16
- Which of these myths had you been most likely to believe and why?
- Moving on to the passage from this week, read the following statements about rest and then part of the story of God providing manna for Israel. For each one, discuss how the passage explains the *principle*:
 - *rest. shows our obedience.* (Exodus 16:1-5)
 - *rest. shows God's power.* (Exodus 16:6-12)
 - *rest. shows God's provision.* (Exodus 16:13-18)
 - *rest. shows our trust.* (Exodus 16:19-30)
- Read these obstacles/verses for driven people to experience rest.:
 - *the obstacle of Provision: rest. forces us to realize that God is the provider* (James 1:16-17)
 - *the obstacle of Satisfaction: rest. pushes us to be satisfied with "enough"* (1 Timothy 6:6-10)
 - *the obstacle of Limitation: rest. allows us to admit that it's not all "up to us"* (1 Corinthians 12:14-21, 27)
- Which one is your biggest challenge? Why? How can we pray for you?

The References

Main Passage: **Exodus 16:1-30 (NLT)***selected verses, read full passage in Bible

...They must realize that the Sabbath is the Lord's gift to you. That is why he gives you a two-day supply on the sixth day, so there will be enough for two days...

Genesis 2:2-3*read passage in Bible

Mark 1:35-37*read passage in Bible

Luke 5:15-16*read passage in Bible

James 1:16-17 (NIV)

Don't be deceived, my dear brothers and sisters. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

1 Timothy 6:6-10 (NLT)

Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. So if we have enough food and clothing, let us be content. But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction. For the love of money is the root of all kinds of evil. And some people, craving money, have wandered from the true faith and pierced themselves with many sorrows.

1 Corinthians 12:14-21,27 (NIV)*selected verses, read full passage in Bible

Even so the body is not made up of one part but of many....

...The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!"...

...Now you are the body of Christ, and each one of you is a part of it.