



REST.

#mc3rest



Discussion
Gu'de

"refocus."

01/27/19

REST.

01/27/19

REST. *allows a busy heart to focus.*

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

- Which would be harder: Having to look straight UP [to the ceiling] all the time OR having to look straight DOWN [at your feet] all the time?

The Reflection (required)

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

- Sometimes even good things can get in the way of the best things. *rest.* allows us to focus on the best. Read the comparisons below and discuss why Martha did what was GOOD, *then why* Mary did what was BEST:
 - Martha offered hospitality to Jesus GOOD: Luke 10:38
 - Mary devoted time to Jesus BEST: Luke 10:39
 - Martha leaned into her ministry to Jesus GOOD: Luke 10:40a
 - Mary leaned into her relationship with Jesus BEST: Luke 10:40b
 - Martha did good thingS for Jesus GOOD: Luke 10:41
 - Mary did one thing for Jesus BEST: Luke 10:42
- Is it hard for you to “be in the moment” when you’ve got lots to do?
- In the Point it was said that people sometimes think of God as a “vitamin”. Explain what that means and what it looks like in our lives.
- *rest.* allows us to focus on spiritual growth, instead of just “using” God. Read & discuss these spiritual things you CAN’T do when you’re busy:
 - you can’t request when distracted. Matthew 6:5-9
 - This is about arrogance, but what else is implied about prayer?
 - you can’t remember when distracted. 2 Pet.1:12-15; Matt.26:69-75
 - Why does Matt. 26 make Peter’s “reminder” in 2 Pet. so powerful?
 - you can’t read* when distracted. (*and apply) James 1:22-25
 - What’s the difference between reading and applying the Bible?
 - you can’t reflect when distracted. Psalm 19:1-4
 - What things do you fail to see when you’re too busy?
- Which is your top struggle? What will you to do to remove distraction?

The References

Main Passage: **Luke 10:38-42 (NLT)***selected verses, read full passage in Bible

...a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord's feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

Matthew 6:5-8 (NLT)*selected verses, read full passage in Bible

...But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private...

2 Peter 1:12-15 (NLT)*selected verses, read full passage in Bible

Therefore, I will always remind you about these things—even though you already know them and are standing firm in the truth you have been taught....so I will work hard to make sure you always remember these things after I am gone.

Matthew 26:69-75 (NIV)*selected verses, read full passage in Bible

...Immediately a rooster crowed. Then Peter remembered the word Jesus had spoken: "Before the rooster crows, you will disown me three times..."

James 1:22-25 (NLT)*selected verses, read full passage in Bible

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like...

Psalms 19:1-4a (NIV)*selected verses, read full passage in Bible

The heavens declare the glory of God; the skies proclaim the work of his hands...