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[SERMON NOTES]

**Work, Rest, Repeat?**

If you're always on the \_\_\_\_\_, even with good things, you will \_\_\_\_\_ out of gas.

We \_\_\_\_\_ rest well.

**Too Much to Do to Not Rest.**

Jesus was \_\_\_\_\_ in a hurry. (*Mark 4:35-38*)

We were created to \_\_\_\_\_ well because we were created to \_\_\_\_\_ hard. (*Mark 2:23-28*)

Unless we withdraw, we \_\_\_\_\_. (*Luke 5:12-16*)

**3 Keys to Rest**

- a. Rest is \_\_\_\_\_.
- b. Rest requires a \_\_\_\_\_.
- c. Without rest, your purpose will always be \_\_\_\_\_.

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[QUICK REVIEW]

Looking at your notes from this week's teaching, was there anything you heard for the first time or something that caught your attention, challenged, or confused you?

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[MY STORY]

This weekend's message talked about *rest*. We learned that rest is much more than a few extra hours of sleep or taking much needed vacation. Most of us would most likely be quick to raise our hands that we are too busy or tired with all we are chasing in life - and it may be hard to admit our lives might just be leaking too much, even from good things. *What have you noticed about yourself when you are on the go too much?*

One of the hardest parts about getting true rest is saying "no" to good things in life (tv shows late at night, more sports games, quick day trips, hangouts, working overtime or weekends, etc.) that fill our schedules. *Reflect on this past month and take a few moments to rank (1 - lots of space to 5 - completely full day) on average each day of the week on its own.*

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
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Was there a day that surprised you? Do you notice any trends?

**[DIGGING DEEPER]**

From the beginning of Creation, we see God at work and rest, setting the pace and rhythm for our lives. **Read Genesis 1:1-2:3** and really focus on the power, majesty, and goodness of God. *How does it strike you that an omnipotent (all-powerful) and omnipresent (all-present) God took time to rest?*

Plainly, if God took time to rest, so should we (Mark 2:27-28); yet we're not very good at it! For example, think about what keeps you from sleeping, it might reveal something about your loves, fears, or trusts. *How might rest reveal where our trust and joy in life is fulfilled?*

In some ways, do you find a connection between what you wrote down above and what 'keeps you up at night'?

Many Psalms encourage the practice of rest. **Psalm 116:7, 62:5-8, 46:8-11**. Spend a few minutes reading these passages and write down any key words that jump out to you and then answer *why*.

In Mark 2, we see Jesus in the midst of an extremely busy moment in His ministry of healing and preaching, and as the crowd swells, He chooses to withdraw and disconnect from others and the ministry to pray. *What is the first thing you look to cut or say "no" to catch up on life? And do you find yourself saying "no" to things in life to spend more time with God - or the other way around?*

For all of us, there are many areas we can disconnect from to rest and spend more time with God on a weekly or monthly basis. **Take a brief moment to pray and ask the Spirit to reveal to you an area or two you may need to pull back this week or month to rest and be with God. Then, commit to saying "no" to that thing(s) in the next week or month.**

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**[TAKING IT HOME]**

One of the best spiritual practices we can do is write out our prayers (think of the Psalms!) **Spend 5 minutes slowing down and write out a prayer of rest to God, thanking Him for His goodness, grace, and sovereign control of life.**