

LIFEGROUP DISCUSSION NOTES

Rest: The renewing of depleted physical, emotional, mental, and spiritual reserves.

When you are leading well, you are giving of yourself.

Mark 2:23-27

²³ One Sabbath day as Jesus was walking through some grain fields, his disciples began breaking off heads of grain to eat. ²⁴ But the Pharisees said to Jesus, "Look, why are they breaking the law by harvesting grain on the Sabbath?" ²⁵ Jesus said to them, "Haven't you ever read in the Scriptures what David did when he and his companions were hungry? ²⁶ He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions." ²⁷ Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."

1. Tell the group about your favorite hobby. When you have free time, what do you like to do?

2. Do you naturally prefer a busy life or a slow life? Are you more tempted to work too hard or to rest too much?

3. Do you have a healthy routine of work and rest?

* Breathe slower. * Eat slower. * Get ready slower. * Drive slower.

4. Read Exodus 16:23-29. Why did God create the Sabbath law?

5. What is one thing you will do to add more rest to your life? What can this group do to support you?

If you would like to use the "Let's Talk About It" videos in your devotions, go to: www.youtube.com/NewLifeGillette