

Greater You: Rest - Week 2

Key Passages: Matthew 11:28–30; 1 Kings 19:1–8

BELONG

Ask this Ice Breaker Question:

What's your favorite way to relax or recharge after a long week?

Leader Notes: It could be spending time in nature, reading, napping, or doing something creative. Everyone's way of recharging is unique!

BELIEVE

Have someone in your group read aloud **Matthew 11:28–30** and **1 Kings 19:1–8**.

1. In Matthew 11:28–30, Jesus invites the weary to find rest in Him.

- What does it mean to take on Jesus' yoke? How is it different from the "burdens" people often carry?

Leader Notes: Taking on Jesus' yoke means aligning ourselves with His teachings and relying on His strength rather than our own. Unlike burdens of legalism or striving for approval, His yoke brings peace, purpose, and freedom because He walks alongside us.

2. In 1 Kings 19:1–8, Elijah is physically and spiritually exhausted after a great victory.

- Why do you think God's first response to Elijah's despair was to provide rest and nourishment?

Leader Notes: God understood that Elijah's exhaustion wasn't just spiritual but also physical. Rest and nourishment restored Elijah so he could hear God's voice and continue his mission. It shows God's care for every part of our being.

- How does this passage encourage you to address seasons of burnout or weariness in your life?

Leader Notes: It reminds us to prioritize rest and take care of our physical needs. It's also a call to depend on God for strength when life feels overwhelming.

BECOME

Pastor David shared several truths about rest:

1. Rest is a rhythm God designed for us to enjoy.

- Have someone read Hebrews 4:9–11.
- What practices help you maintain a Sabbath heart—a restful spirit even in a busy life?

Leader Notes: Practices like setting aside time for prayer, spending time in God’s Word, unplugging from work or technology, and enjoying worship can cultivate a Sabbath heart. It’s about prioritizing God and trusting Him with our time.

2. Rest requires surrendering to God.

- Reflect on Psalm 23:1–3. How can you experience God “making you lie down” in moments of unrest?

Leader Notes: We experience this by trusting God to guide and provide for us. It might mean slowing down, seeking Him in prayer, or allowing Him to lead us away from stress or fear.

3. Rest is found in Christ alone.

- How can you practically “come to Jesus” in your daily life to find the rest He offers?

Leader Notes: We can come to Jesus through prayer, surrendering our worries, and meditating on His promises. Intentional time spent with Him brings peace and refreshes our souls.

Practical Application:

This week, identify one area where you feel overburdened. What step can you take to give that burden to Jesus and embrace His rest?

Leader Notes: Some examples: entrusting a difficult relationship to God, delegating responsibilities, or scheduling a day to rest in Him through worship and reflection.