

Above All Else: Learning To Guard Your Heart
“By Choosing To Rest”
Part 5

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We live in a non-stop world. We are bombarded by deadlines, responsibilities, and distractions. Finding time to stop and rest is not easy, but it is necessary. If we want to follow Jesus fully and live with a guarded heart, then we must slow down and find rest.

5 Truths About Rest

1. Rest is a _____.

“Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.” Exodus 20:8-12 (NLT)

2. Rest is a _____ of God’s love for us.

“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.” Psalm 127:2 (NLT)

3. Rest is both _____.

“The apostles returned to Jesus from their ministry tour and told him all they had done and taught. ³¹ Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat. ³² So they left by boat for a quiet place, where they could be alone.” Mark 6:30-32 (NLT)

4. Rest takes _____.

“Be still, and know that I am God!...” Psalm 46:10 (NLT)

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• Choose a _____.

• Choose a _____.

5. Rest is a _____.

“Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.” Mark 1:35 (NLT)

“You have six days each week for your ordinary work, but on the seventh day you must stop working.” Exodus 23:12a (NLT)

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Discussion Questions

1. Reflect on the pace of your life. Perhaps pull out your calendar and look at your schedule. How does this make you feel? Tired? Are you in need of rest? Be honest with your Life Group. How good are you at finding rest?
2. Have you ever considered rest as a command? Discuss why this command is so important.
3. Read Psalm 127:2. Discuss how rest is a demonstration of God’s love. How is it that you feel loved by God when you rest?
4. In rest we are restored both physically and spiritually. Read Mark 6:30-32. Put yourself in the shoes of the disciples. How do you think they experienced both kinds of rest?
5. Read Matthew 11:28-29. Do you have a plan for this? Discuss with one another how you personally plan to achieve the kind of rest Jesus calls us to.

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