

DISCUSSION GUIDE

 ValleyCreek

DON MANNING
"SOLUTIONS TO A HURRIED LIFE"

BIG IDEA: Jesus rested in order to bring clarity and energy into His life.

GROUPS VISION

We believe life transformation happens when we engage with other people, with Jesus as our focus, and take next steps together. A next step is where we Ask, Listen, and Respond to take any action that advances our journey with Jesus.

KEY VERSE

"Come to me all who are weary and burdened, and I will give you rest."

Matthew 11:28

POTENTIAL NEXT STEP

Carve out some time in your schedule and choose an activity that brings you joy and is constructive. Invite God to be with you in that activity. Ask Him to refresh and energize you in the process.

MAIN POINTS & SCRIPTURES

1. Life moves fast making us tired, hurried, and confused. God's solutions are often counterintuitive to us. (**2 Corinthians 12:9, Matthew 16:25**). We were created for more than hurried living. (**Ecclesiastes 3:11**) Rest is God's gift to bring clarity and energy to our confused, hurried lives. (**Matthew 11:28**) Jesus lived a busy life; in rest He found clarity and energy for His life. (**Mark 1:35**)
2. **Rest is important to Jesus.** Even when Jesus was tired from a day of ministering to people, He woke early to spend time with His Father. (**Mark 1:36-37**) Jesus knew what He was supposed to do and He had the energy to do it, even with crowds of people looking for Him and making demands on Him. (**Mark 1:38, Mark 1:36**)
3. **We have to fight for rest.** Jesus' response to the disciples' work was to have them rest and recharge (**Mark 6:7, Mark 6:30-32**). Interruptions are inevitable (**Mark 6:33-34**) and will try to take us from rest but we have to fight for rest. Jesus found creative ways to rest with His disciples. (**Mark 6:45-46**)
4. **Rest equips us for the road ahead.** Jesus anticipated what was ahead for the disciples and wanted them to be ready, so He made provisions for them to rest. (**Mark 6:53-56**)
5. Here are some practical guidelines about godly rest:
 - a) **Set aside time for rest.** God desires us to give Him a portion of our time. (**Mark 2:27**) God wants us to care for ourselves like Christ cares for the Church. (**Ephesians 5:29-30**)
 - b) **Allow God to choose our rest.** Ask God what activities will energize us and bring clarity. Rest should include our relationship with God, our godly relationships, and worship.
 - c) **Invite God into our rest.** Whatever rest looks like for us, invite God into the activity to be with us. (**Revelation 3:20**)

DISCUSSION

1. Describe times when you are able to rest. How do these times of rest change your perspective, bring clarity, and energize you? (See point #1)
 2. What are some practical ways to 'fight for rest' even with interruptions and distractions? (See point #3)
 3. What activity can you incorporate into this week that will energize you and make space for God to speak to you? (See point #5)
- **What is the Holy Spirit saying to you?**
 - **What is your next step?**

Do you have a story of someone taking a next step?
Share with us at groups@valleycreek.org