



"The Rhythm of Rest"  
September 7-8, 2019  
Pastor Tyler Scott

#### DISCUSSION QUESTIONS

1. **How is the current "rhythm of rest" for you and your family? Rate it on a scale of 1-10 (10=best) and explain why.**
2. **Read Hebrews 4:9-11 (in the NLT and NIV, if possible). The first part of the sermon was "WHY we need rest." One reason was "The BEST you is a RESTED you." Why do YOU need rest? Describe yourself and your life when you are well-rested, and when you are not rested.**
3. Tyler shared some cultural trends and quotes that point to a deeper human need to rest – **where the "machinery of self-censorship shuts down, stilling the inner murmur of self-reproach." This was a reference to our heart-level desire to WORK so hard to prove ourselves to ourselves and to others. Thus, we lack the "special rest" mentioned in Heb 4:9 – the "REM" rest for our soul. Why do you think this is so important?**
  - **Why can't most family vacations and weekend parties touch this deeper need and desire for rest?**
4. **The second part of the sermon was "WHERE we get rest." And simply put, this deeper rest—the "REM" rest for our soul—is found in Jesus. Read Matthew 11:28-30. How does Jesus provide rest for our soul?**
5. **Read Luke 6:1-5, and Genesis 2:2-3. How are those passages related to Jesus offering us the soul rest we really need?**
  - **When God looks at you—and the Jesus in you—He says "You are good. You are very good. It's done. It is finished. You can rest. You are my son. You are my daughter. With you I am well pleased."**
  - **How does this make you FEEL? What effect does this have on your SOUL?**
  - **How does this effect our PERFECTIONIST tendencies?**
  - **How does this effect our WORKAHOLISM tendencies?**
  - **How does this effect the "machinery" in our hearts—the eternal "inner murmur" that tells us we must work/perform/produce in order to be accepted?**
6. **The last part of the message was "HOW we do it"—how we establish healthy rhythms of REST in our lives. Psalm 46:10 says, "Be still, and know that I am God." If you established a simple rhythm of being STILL, for even 5 mins each day, how would this affect your heart and your life? What does being STILL teach us about ourselves? What does being STILL remind us about GOD?**

7. **Rhythm #2 was "Fast from your phone?" Read 1 Corinthians 6:12. Do you think you—or anyone you know—is mastered by their phone? What are some boundaries you could/should put around your phone? How does your phone affect YOUR ability to REST?**
8. **Rhythm #3 was "establish a weekly day of REST." WHY do you think God established a DAY of REST?**
9. What keeps YOU from taking a day of rest in our busy society?
10. **What day can be your "Sabbath rest" day—your day of "special rest?" How might this day of rest affect you and your family? Ask your group to hold you accountable to keeping that "rest" day this week.**

#### COMMIT TO MEMORY

So there is a special rest still waiting for the people of God. Hebrews 4:9

#### PRAYER

Share prayer requests and pray for one another. Ask for accountability in establishing rhythms of REST in your life and for your family.