

How We Grow: Practicing the Spiritual Disciplines
Small Group Discussion Questions
Week Nine - Rest

DISCUSSION QUESTIONS

1. The author Adele Calhoun writes: "Rest can be a spiritual act -- a truly human act of submission to and dependence on God who watches over all things as we rest." How can rest be a "spiritual act?"
2. Read Genesis 2:1-3. What can we take away from the picture of God resting from His work on the seventh day? What are the implications of this for us?
3. In the sermon, Jason noted a recent study claiming that Americans average fewer than six hours of sleep per night. According to another study, the average American uses less than half of his / her PTO (paid time off) from work. What do you make of these statistics? Is it fair to say that rest is something that eludes many of us? In your opinion, why are we so resistant to rest?
4. Psalm 62:1 says, "Truly my soul finds rest in God; my salvation comes from him." What does it mean for our souls to find rest in God? How is this linked to the idea of "salvation" in the same verse?
5. Augustine said our souls are restless until they find rest in God. Do you agree? In what ways do you see restlessness manifesting in people's lives today?
6. Read Matthew 11:28. How have you personally experienced this promise from Jesus?
7. Spend some time talking about the Old Testament principle of Sabbath. Sabbath was given as a gift to people coming out of slavery. As slaves, the Israelites were valued by their masters solely on the basis of their production (making bricks for the empire). What does it say about God that He gives the Israelites a command to rest? How does this tie in with Genesis 2:1-3? How does this tie in with the image of God?
8. NT scholar Archibald Hunter writes: "People in a hurry never have time for recovery. Their minds have little time to meditate and pray so that problems can be put in perspective. In short, people in our age are showing signs of physiological disintegration because we are living at a pace that is too fast for our bodies." What do you make of this statement? Are we really living at a pace that is too fast for our bodies?
9. Read Psalm 73. What stands out to you about this psalm? How does time in the sanctuary (v17) change the author's perspective? Does time in the sanctuary with the Lord lead to a similar transformation for us?
10. Close with some prayer time together.