

Series: Habits of Grace
Sermon: Rest
Speaker: Doug McClinsey

Daily Readings

Monday: Matthew 11:25-30
Tuesday: Matthew 12:1-13
Wednesday: Psalm 23
Thursday: Hebrews 4:1-11
Friday: Exodus 20:8-11
Saturday: Isaiah 40:28-31

Discussion Questions

1. Have someone in your group read Matthew 11:25-12:14, and give a brief recap of Sunday's message, highlighting the main idea of the message.
2. How did this message strengthen and/or correct your previous ideas about rest and sabbath? Was there anything you heard for the first time or that caught your attention, challenged, or confused you? Did you learn anything new about God or yourself this week?
3. When you hear the word "rest", what comes to your mind? Do you think rest is easy to find in today's culture? Why or why not?
4. Read Matthew 11:28-30. What kind of rest is Jesus talking about in these verses? How does Jesus' invitation to rest differ from the rest we try to find through vacations, weekends, or other means?
5. Reflect on Jesus describing Himself as "gentle and humble in heart." How does this impact our view of Him and our willingness to come to Him for rest? How can knowing Jesus' character help us trust Him more with our burdens?
6. Summarize Matthew 12:1-14. How does Jesus' interaction with the Pharisees on the Sabbath illustrate His authority and understanding of true rest? What can we learn from Jesus about the purpose and practice of the Sabbath?
7. Have you previously practiced Sabbath? Do you currently practice Sabbath? Why or why not?
 - o What are some activities you incorporate (or plan to incorporate) into your Sabbath?
8. What action step do you need to take in response to this week's message? How can your group encourage you and hold you accountable to this step?

Action Step

Commit to practicing the Habits of Grace over the next six weeks! Visit <https://thechapel.com/habitsofgrace/> for weekly challenges and resources.

How are you, your friends, and your family currently putting these habits of Grace into practice? We want to hear from you! [Share your habits!](#)