

## REST – OVERVIEW

### ABOUT THIS WEEK

This week your group will wrap up this season of Small Groups with a discussion on God's design of rest and a review of this year in your Small Group.

#### ITEMS NEEDED

- Prayer Journal       Bibles

#### CHECKLIST BEFORE YOUR GROUP ARRIVES

- Pray for the group       Print Discussion Guide       Refreshments (optional)
- Clean meeting area       Clean bathroom       Crack open front door

### OPENING (5-7 MIN)

*Briefly welcome everyone and say:* To get our heads wrapped around today's topic, let's ask—

**ON A SCALE OF 1 TO 10, WITH 1 BEING COMATOSE AND 10 BEING CHICKEN WITH YOUR HEAD CUT OFF, HOW BUSY HAVE YOU BEEN THIS WEEK?**

*After a discussion, say:* Well, regardless of how busy you are or are not, today we're going to talk about how we can live out and flourish by following God's command to rest.

### OPENING PRAYER (1 MIN)

*Say:* But first, can someone start us off with a brief prayer for our time together?

### THE COMMAND TO REST (10 – 15 MIN)

*After the prayer say:* Like we heard on Sunday, the principle of a weekly, holy rest is found in the beginning.

**CAN SOMEONE READ GENESIS 2:1-3 ALOUD FOR US AND SOMEONE ELSE READ EXODUS 20:8-11?**

*After the reading, ask:* Like we heard in the sermon from week 1 of our *Rest* series, the Sabbath (that is, the day of rest) is holy. Meaning we do something different or distinct on our day of rest. There are two things we can do to keep our day of rest as holy: one, we rest from all work and two, we remember God's work.

**WHAT WORK DO YOU NEED TO REST FROM ON A SUNDAY?**

**WHY IS THAT HARD FOR YOU SOMETIMES?**

**WHAT ARE SOME WAYS YOU CAN REMEMBER GOD'S WORK ON A SUNDAY?**

**WHY IS THAT HARD FOR YOU SOMETIMES?**

**WHAT DO YOU THINK GOD DOES IN YOUR BODY/MIND/SPIRIT WHEN YOU REST?****AN EXAMPLE OF REST AND REMEMBERING (10 – 15 MIN)**

Say: This may not be our day of rest, but one thing we can do to remember what God has done is to look back at our prayer journal of our Small Group.

*Read through each week of your prayer journal as a Small Group. As you do, pause for conversation. Keep it informal and organic! Then, after you read it, ask:*

**WHERE DO YOU BEST-SEE GOD'S FAITHFULNESS AND WORK AS WE READ THROUGH OUR PRAYER JOURNAL?**

*After a discussion, ask:* One more question as we wrap up our Small Group for the year:

**HOW HAVE YOU BENEFITED OR GROWN AS A RESULT OF OUR SMALL GROUP THIS YEAR? OR, IF IT'S EASIER, WHAT HAVE YOU LEARNED ABOUT GOD OR YOURSELF THROUGH THIS SMALL GROUP?****CLOSING PRAYER (5 – 7 MIN)**

Say: This fall we're going to form new Small Groups so we all can make new connections with new people in the church. But that doesn't mean the relationships of this Small Group have to end! This summer, let's make sure to keep in touch or get together informally from time-to-time.

**ARE THERE ANY OTHER PRAYER REQUESTS TODAY?**

*After writing the prayer requests in your group's prayer journal, ask if someone would like to close the group in prayer. If not, Host, close the group in prayer.*