

## Chapter Six: *Resting in Christ*

### Getting Connected

Where do you go, and what do you do, when you want to truly relax on vacation?

What do you do to unwind and relax on a regular basis?

### Highlights and Insights

In your own words, how would you *briefly* summarize Chapter 6?

Was there anything that really caught your attention or challenged you in this chapter?

If you could say, “*Yeah, but ...*” to any part of this chapter, what would it be? Why?

Circle the word that best describes your life right now?

Restful   Unhurried   Full   Productive   Busy   Overwhelming   Frantic

Explain why you chose this word and not the others.

What impact do you believe increased busyness has on a person’s soul? Your soul?

### Biblical Focus

Ask someone in your group to read Matthew 11:28-30.

Is Jesus’ command to us in these verses easy or hard to follow? Why?

What are two practical ways a person living in today’s world can obey this command?

In light of this, what’s the purpose of taking time for Sabbath one day a week?



## ***Good News For Those Trying Harder, by Pastor Alan Kraft***

Is this different than just unwinding or relaxing? If so, why?

### **The Heart of the Matter**

Up to this point, what have you believed to be God’s posture and attitude toward you when you are sinning?

How much of your answer is based on Christ’s work on the cross, and how much might be drawing from something else (your own feelings, your religious past, the input of your parents or a pastor, etc.)?

Imagine you started living with a constant awareness that God’s face is always toward you and that He never looks away in disappointment.

How would things be different for you personally? At work? In your most important relationships?

**On page 119, the author invites you to participate in a practical Sabbath experiment ... for an entire 24-hour period of time to do absolutely no work or anything that makes you feel productive.**

**What’s your RSVP to his invitation, and why?**

**If you accept, what do you imagine this experience will be like for you?**

### **In Conclusion...**

What specifically would it look like for you to move toward a deeper experience of the “rest” of Christ?

How can your small group be praying for and supporting you in this journey?