

Spiritual Discipline: Rest

Matthew 11:28–30 (NIV84)

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

- When you think about rest or resting, what image comes to mind? Before you answer, everyone needs to close their eyes and actually visualize themselves at rest. And please, no falling asleep! As you visualize yourself resting, think about where you are and what you are doing? Look closely at the image that is being formed in your mind. What do you see, touch, hear, smell, and taste as you imagine yourself at rest. What emotions are associated with your mind picture?

Give the group a minute or two to quietly think and reflect. Now, have the group open their eyes and take turns describing their mental images.

- Most of us developed very positive pictures of rest with very positive sensory dynamics and emotions (we are making an assumption that this was true for you and your group). In other words, we all really value the concept of rest and desire it. We tend to think happy thoughts and feel warm fuzzy emotions when we imagine rest or see ourselves resting. So, that begs the question. How are you doing in terms of actually practicing rest in your life? Evaluate your personal rest in the following areas?
 - Physical
 - Mental
 - Emotional
 - Spiritual
- Specifically, what can you do to better practice “rest” as a spiritual discipline in each of the above areas?
- Look at the passage containing this week’s memory verse (Matthew 11:28-30)
 - What did Jesus mean by saying “you will find rest for your souls?”
 - Why is rest a spiritual concept?
- Theologians often connect the idea of rest to the Jewish Sabbath. Look at the following passages that discuss the Sabbath (Gn. 2:1-3; Ex. 20:8-11; Dt. 5:12-15; Mt. 12:1-14).
 - What do these passages teach us about the Sabbath rest?
 - Was the Sabbath just a “Jewish thing” or should it also be a “Christian thing”?
 - If you think that it should be a Christian thing, how can you honor the Sabbath principle in your life?
- Corporately, how can our K-groups live out the discipline of rest? How can our church live out the discipline of rest?