

P Δ U S E

(Gather with some friends, family, or your Group and use the following questions, along with the message notes, to connect, learn, and take your next step.)

DISCUSSION QUESTIONS

ICE BREAKER: How would you describe a perfect day of rest?

What most often keeps you from rest?

How have you seen the negative consequences of lack of rest in your life?

Which of these three steps do you need to begin practicing this week to experience more physical rest in your life: release what you can control, engage relationally, or savor each moment?

How can you grow in trusting God for spiritual rest?

Check out our weekly
LivingItOut.tv Bible study
for more great questions.

**LIVING
IT OUT**