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## PRAYER

Pray that as we gather, the fullness of God's peace will come upon everyone present, and that all will find REST in God during the session.

## WARM UP (OPTIONAL)

What is your ideal way to unwind or relax?

## NOTES



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BRISBANE

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## WORD

<sup>1</sup>Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup>And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup>So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation. <sup>4</sup>These are the generations of the heavens and the earth when they were created, in the day that the Lord God made the earth and the heavens.

[Genesis 2:1-4](#) (ESV)

## GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale of 1-10 (10 being well rested and 1 being stressed out to the point of giving up), how do you describe your “rest measurement”? Why?
2. Can you share a time when you felt the most stress? What took place and how did you deal with it?
3. Adam Mabry writes in his book, *The Art of Rest*, that when God rested after creating everything, including humanity, in six days, “God didn’t rest because he was exhausted, he rested because he was exhilarated.” What does this mean to you in your life and in your view of God?
4. How much do you define who you are by what you do? Do you feel like you always need to be busy in order to feel acceptance? Why or why not?

## PRAYER LIST