



# THE BUSYNESS FIX

MAY 12 & 13

# REST

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CAMPUS DEVELOPMENT

## INTRODUCTION

Many of us run at full speed and still can't get everything done. Last week, Pastor John reminded us to STOP and embrace our God-given limits, understanding God is on the throne, and we can trust Him to take care of us. Pastor Jesse focuses on another aspect of the Sabbath this week, REST, teaching us we were designed to need His rest for our souls.

## DISCUSSION

1. Last week, we were challenged to identify something preventing us from having margin in our lives and explore the root cause. Discuss as a group. What insights were gained from this exercise? What are your next steps?
2. **Read Psalm 127:2.** How do overloaded schedules negatively impact us? How does rest equip you to give God your best?
3. "True rest does not come because we have modified our schedules or kept a rigid practice of rules. It comes when we look to Christ and acknowledge Him as the Lord of our lives" [*Today in the Word*, February 5, 2016]. Discuss how this statement should be applied to our spiritual lives.
4. **Read Matthew 11:28-30.** Picture Jesus holding the reins and us with His yoke on our shoulders. What's standing in the way of submitting to Jesus and letting Him drive you to rest? What new commitments do you need to make?

## DO SOMETHING

1. God rested on the seventh day after creating the heavens and the earth [**Genesis 2:2** and **Exodus 20:8**]. How can you be more intentional about creating margin and finding time to rest? What would be some of the benefits for you, personally and spiritually? To further explore this topic, reference Andy Schumacher's "Rest from the Grind" sermon and the accompanying Sermon Study Guide.
2. Commit to modifying your chronically busy schedule so you can spend more time with Jesus. Partner with someone who will hold you accountable.
3. Our 2018 Prayer Theme is "God, what are you doing inside me?" and "God, what are you doing in those around me?" STOP and pray accordingly this week, and be open to the Holy Spirit's guidance as you REST with a quiet and receptive heart.

## ADDITIONAL RESOURCES

1. "Don't Hurry Through Today" is a three-minute video on RightNow Media that offers five ways to manage your time. What are your next steps this week?
2. "The Dangers of Working Full Throttle" videos on RightNow Media reinforce the importance of getting our worth from "being" instead of "doing."
3. *An Unhurried Life: Following Jesus' Rhythms of Work and Rest*, by Alan Fadling, reveals the spiritual journey of "a recovering speed addict."