



Date: 17th September, 2017

Sermon Title: LIFE APPS - Rest

Preached by: Jeremy Rensford

Big Idea/Sermon focus:

- It's only with godly rest that we can have godly balance in our lives that makes life work.
- Outlining steps needed to find godly rest

Key Scripture/s:

- Psalm 23

Summary:

We all seem to be so busy, all the time! Jesus tells us to “come to me all who are weary and burdened and I will give you rest”.

We take him at his word this week as we look at what godly rest actually is. What is the Sabbath? We'll find that out too, as well as some very handy practical tips for resting – some that wouldn't otherwise quickly come to mind.

Remember to take notes and you'll be all ready to go for this week's SG's.

Questions for Small Group Discussion:

- 1) Read **Psalm 23** together
 - Now read it again one verse at a time and ask your group for their meditative thoughts on each verse.
 - Encourage discussion of each verse accordingly
 - Ask how the sermon on rest complements this Psalm? What do you think overall about this Psalm and how it relates to godly rest?
- 2) How am I going on the “non-obvious” ways of resting (long term stuff)?
What can I particularly do to get better?
What short-term pain are you facing that calls for an eternal perspective?
Get prayer 😊
- 3) BONUS NOTES:
Rest of the mind – look at how to mentally rest
 - **2 Cor 10:5** - Key is taking captive thoughts. What do you think this may look like practically?
 - Meditating on the word
 - In your own time read: **Philippians 4:8** and think about how this helps our minds rest.
 - (There may be existing problems in this area of life needing ministry – strongholds? Bad habits? Feel free to pray for one another and refer to further help if required)

4) Any of your own questions facilitators?