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## GET **MORE** OUT OF THE MESSAGE

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Sermons shouldn't end on Sunday. Our **MORE** resources help you get **MORE** out of this week's message --watch, or rewatch, the sermon, read scripture, answer questions in your personal quiet time or discuss with family or small group, pray, dive deeper. There is so much **MORE** to following Jesus.

[WATCH SERMON](#) - [PRINT/DOWNLOAD](#) - [PASTOR NOTES](#)

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### RESET (WEEK 3)

**SCRIPTURE:** [1 Kings 19:11-1](#); [Mark 1:35](#); [Matthew 14:23](#); [Psalm 3:7, 46:10](#); [Matthew 11:28-30](#)

**BIG IDEA:** [True Rest is the Product of Silence and Solitude.](#)

### [DISCUSS](#)

What stood out, challenged, or confused you about this week's message?

What are some examples of noise that is forced on us everyday by culture and society? What are some examples of noise we create ourselves?

How do noise, business, and hurry cause distract us? What are some consequences of being distracted? What suffers most?

Why is silence so awkward and uncomfortable?

1 Kings 19:12 says God spoke in a still small voice. Why do you think such a big God speaks so softly?

Why do you think Jesus sought out quiet places to speak with God? (See: Mark 1:35; Matthew 14:23)

Read Psalm 3:7, 46:10. Why does God emphasize being still and quiet before Him?

Read Matthew 11:28-30. How has this verse been true for you in your walk with Christ?

What is the difference between physical rest and rest for your soul?

What things changed that you didn't expect?

What are some practical ways you can begin to add quiet times of solitude, meditation, and prayer to your regular schedule?

## PRAY

Close with a time of prayer for your faith journey and the journeys of people in your family, small group, or friend circles. Consider writing down prayer requests. Pray specifically for areas where God is calling you, or your family or group, to be obedient to Jesus and for opportunities to share your freedom in Christ with others. Pray for strength to be the church, to be urgent about the kingdom, and to follow Jesus without hesitation. Pray for more awareness of spiritual warfare and the ability to fight against it from a place of victory, not fear. Pray for God to reveal next steps for His Kingdom and how to live in a way that pleases God!

## DIG DEEPER:

We are wired to work --to go and do and be busy. The Bible has more to say about rest than you might think. Take some time this week to check out these biblical references on rest...

[https://www.preceptaustin.org/rest\\_in\\_hebrews\\_4](https://www.preceptaustin.org/rest_in_hebrews_4)



Find **MORE** at-home resources [HERE](#)

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Have a question? Email us at [info@cornerstonecc.church](mailto:info@cornerstonecc.church)