



(part4) **REST**

Mark 6:30-32

Exodus 31:16-17

IS NOT OPTIONAL

Mark 6:30-32

1. Hit the pause button ... *"Come Away"*
2. Get alone ... *"by yourselves"*
3. Remove distractions ... *"to a desolate place"*
4. Unwind ... *"and rest"*
5. Get back at it ... *"a while"*

Matthew 11:28-30

JESUS IS THE SOURCE OF _____

Additional Resources: www.cornerstonecc.church/makingroom
Try our parent guides: www.cornerstonekids.church

Group & Personal Study Guide

What stood out to you from the message this Sunday?

- How does the idea of rest make you feel?
- Why did Jesus decide to rest at the beginning of creation?
- Why do you think rest is in our DNA? Our "rhythm of life."

Read Mark 6:30-32

- What are the primary things in your life that keep you busy?
- How many good things, maybe even Godly things, keep us from being able to rest?
- What does it mean to find rest in Jesus?
- How can you get away? Away from the noise, the rush, the rat race.
- When are some times you can get alone? When can utilize times that you are already alone?
- What are some of your biggest distractions?
- What would it look like for you to unwind?
- How do you balance the need to be productive and the need for rest?
- Read Matthew 11:28-30. How does this verse speak to you?
- How would your life look different if you truly were "yoked" with Jesus?

CHALLENGE: *Rest is something everyone needs. You have to rest at some point. No one can go forever. But as believers we know that the source of our rest is found in Jesus. What can you do this week to create some room in your life to rest in Jesus? Just you and your heavenly father. No one else, nothing else, no agenda, just you and Jesus. Find that rest this week!!*

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