

6/17/18 | One Life to Live: Part Three



He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." —Psalm 46:10 | NIV

DISCUSSION

1. Have you ever pulled an all-nighter (stayed up all night and didn't sleep)? Why?
2. When are other occasions in life you have given up rest in order to accomplish something?
3. Consider this quote. What does it mean to you? Is it true? Why or why not?

"Our rest lies in looking to the Lord, not to ourselves." —Watchman Nee

Rest of God

4. What stuck out to you from the sermon? What makes you resist rest the most? How is rest beneficial?
5. Read Titus 3:5 and Ephesians 2:8-9 and Romans 4:6-8. What is the common theme in these verses? Does this mean our works are useless? (Compare to Philippians 2:12-13.)

What do these verses teach us about salvation and where it comes from? If we work hard enough, can we earn salvation?

6. Read Psalm 46:10 (above). What does it mean to "be still"? Why is stillness required to know who the Lord is?
7. Read Psalm 23, and imagine yourself a sheep led by the Lord your Shepherd. How often would His sheep have to strive, toil, and

struggle? How often would they be called to rest?

8. Read Exodus 33:14 and Matthew 11:28-30. What do these verses mean? What rest and easy yoke are we getting from God?

9. Read Mark 6:30-32. What were the circumstances that prompted Jesus to suggest rest? Do you think rest is good and appropriate for us to seek in every situation and circumstance? When is it good, and when is it not?

10. Read Luke 10:38-42, and consider the two sisters. What things in life make you like Martha? How can you be more like Mary?

11. When we rest, how is that showing God that we trust Him to save us? What can we learn about God when we rest that we can't learn when we are busy?

(For more about entering God's rest, read Hebrews 4.)

TAKE AWAY: Live for an audience of One.