

# Joy in Rest

## Scripture:

Genesis 1:1, 2:1-3; Exodus 20:8-11; Matthew 11:28-30

## Discussion Questions

**What has challenged you, changed you or confused you from this week's sermon or the Scripture passages?**

1. Do you think you live a fast-paced life? Why or why not? How do you measure it?
2. When is the last time you were just still? I'm not talking about going "zen" or new-age. But when you rested, and didn't fill up your time with other busyness.
  - What was it like?
  - Do you do it regularly? Why or why not?
3. Rich Villodas, a pastor in NYC gives 3 confessions each of us need to make in the face of the frenetic pace of our world. He says these confessions are a profession of faith.
  - I am not what I do.
  - The world will not stop if I cease from my work.
  - Christ is holding all things together.
4. What can you do to cultivate noticing more of God's glory in the world?

***Find a time today to rest - try 5 minutes, or maybe 15!***