

Simply Rest
Next Steps
November 26, 2023
Matthew 11:28-30

OPENING PRAYER:

Father,
help us to seek the values
that will bring us lasting joy
in this changing world.
In our desire for what you promise
make us one in mind and heart.
Grant this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.

BREAKING THE ICE:

- What are you most excited for this season?

WRESTLING WITH THE WORD:

Read Matthew 11:28-30

- What is the heart of this passage for you?
- Why is rest important? Naturally and spiritually? (c.f.) Colossians 3:15-17 and Philippians 4:6-7

CLOSING POSSIBILITIES:

- How will your life be different based upon what you have learned in this week's scripture, lesson and/or sermon?
- What's going on in your life that worries you and interrupts your rest?
- Where do you need prayer this week?

NEXT STEPS:

- Naturally – make time to enjoy a hobby or leisure activity
- Spiritually – make time to (1) attend a small group (2) attend bible study (3) pray with a prayer partner

PRAYER FOR THE WEEK:

I arise today
Through a mighty strength:
God's power to guide me,
God's might to uphold me,
God's eyes to watch over me;
God's ear to hear me,
God's word to give me speech,
God's hand to guard me,
God's way to lie before me,
God's shield to shelter me,
God's host to secure me.
(first millenium - bridgid of gael)