

Small Groups

SERMON-BASED STUDY GUIDE

Mindset – Week 3 – *Rest* - Kevin Butcher

January 21, 2023

DIGGING IN:

“Our primary struggle with rest is not really with finding an hour a day, or a week, our primary struggle with rest is finding rest inside our hearts. We will never experience, this side of glory, perfect internal rest.”

1. What things prevent you from finding space and time for rest? What circumstances, emotions, or beliefs make it difficult for you to rest?
2. How *important* is it to you to take time for rest and being refreshed?

MAKING IT REAL:

3. “When Jesus talks about rest, he doesn’t call us to a day, He calls us to Himself.” Respond to this quote from Kevin’s sermon:
 - a. How does this statement fit what you have understood about the concept of Sabbath?
 - b. Have you experienced finding rest by being in Jesus’ presence? If so, share with the group what that is like for you. If not, what thoughts and questions does this statement evoke?
4. “How would it change your way of being in the world if you realized that it wasn’t just you that got up in the morning longing for Him, but that *He* is longing for *you*?”
5. Read the scriptures on the last page of this guide. (Psalm 23:4, Mt 28:19-20, John 15:9, Phil 4:5b-7)
 - a. Which of these verses do you connect with the most? What part of your life does that verse relate to?
 - b. As you consider His presence and nearness as expressed in the verse, how does that affect the way you look at your relationship with God?
 - c. How would you imagine that fully receiving and entering into God’s presence with you would affect whatever part of your life came to mind as you read the verse?
6. “It doesn’t mean we’re not going to feel any pain. It means there is going to be something about the presence of the One who loves us and has promised never to leave us, that will be deeper than the pain, that will center us in the midst of pain, and allow us to take the next step toward home.” (Read this sermon quote aloud and pause for a minute to let it sink in—maybe read it aloud twice). Write down your response. If you are comfortable, share your response with the group.

PRAYER IDEAS

"Jesus is inviting us to turn and see the One who has never left us."

Mt 11:28-29

"Come to **me**, *all you who are weary and burdened* [insert your, and **I will give you rest**. Take **my** yoke upon you and learn from me, for **I** am gentle and humble in heart, and you will find rest for your souls."

Scripture-based imaginative prayer, using Matthew 11:28-30.

(Someone in the group can read the instructions aloud, pausing between steps so that group members have time to engage).

- Close your eyes and imagine Jesus standing in front of you.
- He says to you, "Come to me, *[insert your name here]*, who is weary and burdened, and I will give you rest."
- Imagine the expression on his face as he says this to you. What other body language is he using? (standing or sitting? Arms/hands? etc.)
- What is the response of your heart to hearing this invitation? Imagine what you say back to Jesus, and what you do with your location, posture, and body language.
- Imagine whatever burden you are carrying, as a heavy, wrapped package. As you come to Jesus, imagine Him lifting it off and carrying it for you.
- Then He gives you something in its place. He says to you, "Take my yoke upon you, *[insert your name here]*, and learn from me, for I am gentle and humble in heart, and you will find rest for your soul."
- What would you like to learn from Jesus? What would it be like to learn from Him as he relates to you with gentleness and humility?
- What would soul rest look like for you? Imagine it.
- Thank Jesus.

WANT TO DIG A LITTLE DEEPER?

(Extra Bible study ideas)

- Divide a sheet of paper (or a computer doc) into two columns.
- Look up these additional verses about God being with you, and write them in the left column. Joshua 1:9, Psalm 73:23, Psalm 139:17-18 (note that the Greek indicates "Your thoughts about me"), John 14:16-17)
- In the right column, note what the effects are of God being with you. Then write your response to what you learn.

ADDITIONAL RESOURCES

Kevin Butcher has authored two books that can support your journey into Emotional Health in the way of Jesus (Available on Amazon):

[Free: Rescued from Shame-Based Religion, Released into the Life-Giving Love of Jesus.](#)

[Choose and Choose Again: The Brave Act of Returning to God's Love](#)

Red Couch Theology Podcast

If you or group members have questions around parts of the sermon that are not included in the discussion guide, it's always helpful to listen to *Red Couch Theology*, where Alex and Aaron talk about the sermon and answer questions that come in from people in the congregation. <https://guysdrinkingtea.podbean.com/>

Scriptures for Question #5

Psalm 23:4

Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;

Mt 28:19-20

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching^(C) them to obey everything I have commanded you. And surely I **am with you^(D) always**, to the very end of the age."^(E)

John 15:9

⁹ "As the Father has loved me,^(M) **so have I loved you.** Now remain in my love

Phil 4:5b-7

The Lord is near.^(A) ⁶ Do not be anxious about anything,^(B) but in every situation, by prayer and petition, with thanksgiving, present your requests to God.^(C) ⁷ And the peace of God,^(D) which transcends all understanding,^(E) will guard your hearts and your minds in Christ Jesus.