

## REST

*Matthew 11:28-30, 16:24-27*

### SUMMARY...

In this series **5R**, we are exploring 5 keywords that God uses to help us close the gap between what we believe and how that belief shapes the way we live. So far, we learned that God REMINDS us that He knows where we are and wants us to see Him; and He wants to REVEAL the things that cause our gaps. This week we evaluate the **REST** that Jesus offers, and how this is different from how our culture defines it.

### KEY IDEAS...

- There is a big difference between believing in Jesus and living like Jesus
- Jesus does not offer us an escape from the hardships of life, He offers us equipment so that we can experience rest even when life is hard.

### A FEW QUESTIONS TO CONSIDER...

1. What are your thoughts on the '*way of culture*.' What is something you do to "relax" that is really a form of escape? Why do these things (the '*way of culture*' and your escape methods) leave people exhausted, and not just physically, mentally, relationally, etc., but also at a soul level?
2. Read [Matthew 16:24-26](#). Why is your soul the most valuable thing about you? What does Jesus ask of you to save your soul?
3. To understand how Jesus helps you, read [Matthew 11:28-30](#). What is the equipment Jesus offers (such as his 'yoke', or teachings) that helps us to shoulder the load of life? Practically speaking, why would His 'yoke' lead to a soul at rest? In what ways have you experienced his rest, especially in hard times?
4. If the 'way of culture' often leaves people exhausted, why do we continually choose to live our lives this way? As it relates to 'distraction', 'addiction' and 'time-wasters' – where do you need the most growth in order to enter into and enjoy the rest Jesus promises?

5. Experiencing 'soul rest' is more than just taking a day off, enjoying more vacation time, eating healthier and working out – all of these things are good things. But if we are going to truly discover the rest that Jesus talks about, we must begin living like Jesus. What immediate changes could you make today to begin embracing the 'Jesus way' so that you can experience the rest Jesus talks about?
  
6. *BONUS*: take some time to compare and contrast what it looks like to live like Jesus and his character, versus what our characters may look like when we live in the way of the world. Look to Galatians 5:19-23, Philipians 2:3 and Colosians 3:8-9 and 12-17 for ideas.

**SERMON ONLINE...**

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