

Restless

Finding peace in the stress of life

Week 2: Rhythm Requires Rest!

Busy. We are a busy bunch of people. In fact, when people ask us how we're doing, we often answer with "busy." We sleep less. We are more distracted. And we are tired, overworked, anxious, and stressed. What if there was a way to change that? What if there was a way to press pause and find the rest we need?

Discussion Questions

1. What do you do to rest or unwind?
2. Do you view busyness as a "badge of honor" or a "check engine light"? What has influenced your view?
3. Read Genesis 2:2–3. Why do you think God built rest into the rhythm of our work?
4. Read Mark 1:35. Why is prayer an important part of rest?
5. Reed mentioned that rest reminds us of certain things. Which of these resonate with you and why?

Rest reminds us that:

- We can't do everything in our own strength.
 - We are not defined by our work.
 - We need to recharge in order to be at our best and to fight temptation.
 - We need God.
6. How does rest help us find peace in the midst of stress?
 7. What is one thing you can do this week to insert rest into the rhythm of your week?

Changing Your Mind

Busy isn't better. Healthy is better. And healthy rhythms require rest. God designed us for rest, but it is up to us to prioritize it in our lives so that we can thrive. If we want to find peace amid the stress, we need to insert rest. Look for opportunities to insert rest into your routine this week.