



# COMMUNITY GUIDE

February 7, 2021

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## WEEKLY APPLICATION

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**TAKEAWAY:** Rest is an ability to step back and to see God for who He is.

**HEAD CHANGE:** My inability to rest is me telling God that I don't need him or that I'm in control of my life.

**HEART CHANGE:** Rest doesn't mean you don't do anything; it means you learn to do the right things.

**LIFE CHANGE:** To be a follower of Jesus, we have to match our pace with his. To WALK with God.

## OVERVIEW

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One theologian was asked, "If you could describe Jesus in one word, what would that be?" His reply, "Relaxed." As we continue leaning into knowing God in a personal way, we cannot neglect the role that rest plays in our relationship with our Heavenly Father. Rest does not mean you don't do anything; it means you learn to do the right things. In fact, for many of us, following Jesus may entail changing the pace of our lives. In this teaching we learn that to experience God's presence we have to walk at God's pace. The goal is to keep in step with Jesus - not far behind, not out in front - but rather, step by step.

*"The friendship of the Lord is for those who fear him, and he makes known to them his covenant."*

*-Psalms 25:14 (ESV)-*

## DISCUSSION QUESTIONS

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1. Is it easy for you to rest? Why or why not? What do you think your answer to this question says about your trust or faith in God?
2. Why do we feel an urgency to do more with the margin we do have in our lives?
3. What is it costing us by not embracing a more rest filled and restful life?
4. Of the "10 Pace Practices" that Pastor Noah shared, which ones resonated the most with you that you will begin to implement this week?

## CLOSE IN PRAYER

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Father, thank you for modeling through Jesus what it looks like to live a life of peace, calm, and rest. I ask that you would, through your Holy Spirit, build within me a rhythm of rest so that I may know, see, and experience you more fully. I desire to trust you with the things I can't control and ask for forgiveness in the areas of my life where I haven't surrendered my time and efforts to you. Amen.

**IN THIS TOGETHER!**