



Opening Prayer

Thank God for being present. Ask him to let his truth shine through. Ask him to humble us so we can learn from him.

Getting To Know Each Other

Where in your life do you most strongly feel the message "You are not enough?" Why?

Points to Ponder

If God says that rest is good, and scientists are agreeing with him, why do we find it so hard to make time to rest in our lives?

Agree/Disagree: Rest is less about what you do to rest and more about your attitude while you do it.

What can we do to help our children or spouses rest?

Read Psalm 37. As you read, pick out one phrase that stuck out to you and share with the group why it stuck out to you and how it relates to the rest we are talking about in this series.

After seven weeks of "Rest for the Stressed," what have you learned?

Next Steps

- I will seek out a new way to use my gifts (talk to Pastor).
- I will seek to bring someone else along on a task I already do.
- I will pray for God to bless those who use their gifts outside church functions.