

Rest: Moving God from Periphery to Center

Psalm 132:7-14

April 8, 2018

WARM-UP QUESTIONS:

1. When you think of rest, what word or image first comes into your mind? Share why.
2. How many hours of sleep do you average a night? Do you feel rested when you get up? Or do you feel like you're barely holding up?
3. All of us could use more rest (just take a look at your sclera!). What prevents you from taking the time to rest? Put in another way, what keeps you up at night?

REFLECTION QUESTIONS:

1. Pastor Nate mentioned that the Psalms (Psalm 132) depict the entire earth as God's footstool, not just a certain place (like the tabernacle or the Temple). Yet we tend to think of spaces being divided into secular and sacred categories. Why is it that we think this way?
2. Revelation 3:20 gives us the picture of Jesus standing at the door and knocking, waiting to be invited inside to every area of our lives. Is this a one-time event, or a continual process? Why is it that we often invite Jesus to rule over certain "rooms" in our heart that are already clean, instead of giving Him access into even the "messy rooms?"
3. From the Genesis account, we are reminded of God's design and rhythm of creating, resting, and ruling. Compare this process that of your own life. What differences and similarities do they share? How is learning about God's creating, resting and ruling the universe help us in letting God do the same with our life?
4. What does it mean for God to be the center of your life? We are the temple in which God resides, what does it mean for God to rest in the temple of our bodies?

APPLICATION QUESTIONS:

1. Jesus invites us to come to Him and promises that He will give us rest (see Matthew 11:28-30). In what ways can you create practices of rest in your life in response to Jesus' invitation?
2. When we think of rest, it can be considered in terms of rest on, rest in, rest upon, rest in the midst of, rest from, etc. Which of these are you hoping to gain for your life right now?
3. We live in a culture surrounded by 'amusements' to distract us from the daily stress of life. Does resting and relaxing mean the same thing? Do the things that you are doing right now to relax bring you rest? Why or why not?