

REST: From Whirlwind to Wisdom
I Kings 19, Matthew 11:28-30
May 6, 2018

WARM-UP QUESTIONS:

1. It's time for a moment of truth: as you read this question either with your Sedaqah group or in your own study, are you multi-tasking? What other tasks are taking up your attention even now?
2. If you could devote several uninterrupted hours to any one task, project, or activity, with no need to multitask, what would that task, project, or activity be?
3. How many hours of sleep do you get each night? Do you wish you could sleep more (or less)? How does it affect the rest of your day?
4. Consider your eating habits and reflect on how your physical health affect your rest. Is it helping or hindering you from sense of being rested?

REFLECTION QUESTIONS:

1. We live in a culture of hurry, but as John Orberg points out, constant hurrying can be a sign of a disordered heart. What makes us feel hurried? Do we expect too much of ourselves? Of others? What does God expect of us?
2. Henri Nouwen noted that the voice of God speaks in silence, but we're often too busy to hear it. How do you experience God's voice? What does a place of silence look like in your own spiritual life?
3. How can the story of Elijah in 1 Kings 19 enrich our understanding of rest? Can you think of other stories in the Bible in which God provided the rest for His people through physical nourishment and the subsequent spiritual restoration?
4. Consider the rhythm of grace in the way God made humans on the sixth day to rest first before starting work. What implications do this carry in the way we think about rest? How does the event of redemption and the coming culmination of the world reflect and further this same concept of rest?

APPLICATION QUESTIONS:

1. Consider the four roots of hurry that Pastor Jonathan outlined: expectations, technology, boundaries, and pride. Of these four, which one do you think causes you the most hurry? How can you create space to feel unhurried?
2. Pastor Jonathan read the story of Elijah in the desert in I Kings 19, when God provides nourishment and restoration to Elijah. How can we help to provide for those same needs among our neighbors, coworkers, friends, and family? How can we help them to enter God's rest?
3. How can you orient yourself this week in the rhythm of 'evening and day' instead of the other way around to experience the limitless grace of God? What can you do at the end of the day to remind yourself that this is the beginning of God's day of work in your everyday life?
4. Spend five minutes in silence to let your mind and soul rest in the presence of God. Share how that makes you feel or what God may have been telling you in a small whisper.