

Holy Habits

Session 4: Resting in a Weary World

SESSION GOALS

Every session has a point—what each participant should walk away from the discussion knowing, feeling, and doing.

Main Idea: In a tired and weary world, God gives us the Sabbath so that we can rest and be at peace.

Head Change: To know we don't have to chase after achievements or pleasures to find rest.

Heart Change: To feel satisfied by resting in the Lord regularly.

Life Change: To commit to an intentional and consistent pattern of rest on a weekly basis.

OPEN

Have you ever run out of gas in a vehicle or battery life on a phone? Tell us about your experience.

There is never a good time to run out of gas or for your phone to die, but it happens frequently. Some of us may not have even known we were running low before it was too late, while others pushed their luck until the tank or battery ran dry. But, regardless of your awareness, when the gas or battery pater runs out, the car or phone stops, and nothing can get them going until they are refueled or recharged.

Many of us are running on empty in life. We may feel burnt out physically, mentally, emotionally, or spiritually. We may not even be aware of our fatigue. But one thing is sure: need rest, and we need to know where to find it.

In our last session of *Holy Habits*, Derwin unpacks what it looks like to find rest in a tired world.

REVIEW

It is not uncommon to be tired. We are all busy and feel like there is more to do than we can handle. But our weariness is not just physical. Our weariness can also be emotional, mental, spiritual, or all the above. **In what ways are you tired today? How do you know when your fatigue is more than just physical exhaustion?**

Derwin shared how our culture contributes to our weariness. Many of us are tired because our schedules are overbooked, health concerns are at an all-time high, the political landscape is polarized, entertainment options are endless, and many of us are caught up in the “rat race” of social status. **Are you able to identify where your weariness comes from? If so, what makes you tired?**

When we get tired, we need to rest, but many of us don’t rest for various reasons. **What may prevent you from resting when you need to?**

Derwin pointed out that many of us do not rest because of our desire for control, which is a spiritual issue. When we try to control our circumstances, we are trusting in our own limited capabilities instead of God’s limitless resources. **Do you struggle with trying to control things in your life? What might your attempts to control your life say about your relationship with God?**

When we feel weary, we may look for rest in work success, social status, or physical indulgence but Jesus invites us to find our rest in him. While money and material wealth might grant us the semblance of control, no acclaim can give us true peace, and no indulgence lasting satisfaction. Only God can give us what our souls long for. **Why is it important that we seek to rest in Jesus rather than other things?**

Jesus is where we ultimately find rest, but even Christians can burn out. Derwin suggested we find activities that recharge us—activities we enjoy that also allow us to reflect on God’s goodness. **What activities make you feel refreshed? How could you establish a routine of rest so you can recharge more frequently?**

Those of us who have difficulty recognizing fatigue or who feel the need to press on despite our exhaustion need people to help us slow down. Friends can see the

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tiredness we ignore, challenge our need to constantly work, and help us with our responsibilities so that we can find the space to rest. **What are some practical ways we can help each other rest?**

Derwin concluded the session by giving us an acronym to help us remember how to rest:

- R: Remember God's grace.
- E: Experience a weekly sabbath.
- S: Surround yourself with good friends.
- T: Tell yourself the truth.

Talk about the parts of the acronym that you have the most trouble practicing. **What are some ways we can practice this acronym every day? How can we encourage each other to remember grace, practice a day of rest, spend time with friends, and to tell ourselves the truth?**

BIBLE EXPLORATION

Our ability to rest is directly connected to the degree we trust in God. Psalm 23 gives us a glimpse of how our trust leads to rest by calling God our shepherd.

Read Psalm 23:1–6.

Verse 1 starts with the foundation for understanding rest: the Lord is our shepherd. A shepherd takes care of his herd through attentive protection, guidance, and provision. The Lord is the best shepherd we could ever have, but sometimes we end up trusting in guidance from other people or even other ideas. These false “shepherds” may actually lead us further away from rest.

What are some false shepherds we can place our trust in to guide us? Where have our false shepherds tended to lead us?

In verse 2 we find that God makes us lie down. God actively leads us to rest, but we aren’t always willing to accept his offer. **Why do you think God has to make us rest? What do we often want to do instead of resting?**

The Lord leads us to “green pastures” and “quiet waters” that give us refreshment and sustenance. These pastures and waters can be seen as the joys of life, the people and pastimes that God uses to bring us joy. Hobbies, creativity, or even a simple meal with friends can be a green pasture from God. **Why is it important to understand that the Lord provides rest through activities as opposed to just sleeping? How might you be mindful of actively resting in the Lord through those activities?**

Psalm 23:3 goes on to say that God restores our soul and leads us along right paths. God’s rest leads to spiritual renewal. We may not think of rest as spiritual, but it is more than taking a nap or enjoying a quiet afternoon. True rest reminds us of God’s goodness and all the blessings he has given us. It is a source of joy and a catalyst of thanksgiving. **What would it look like to add joy and thankfulness to your rest?**

Verses 4–5 point out that life will not always be easy, even when we follow the Good Shepherd. But difficulty does not mean he is absent or uncaring. Even in our darkest moments, the Lord is present to provide

goodness and mercy to us. **In what ways does God care for us in difficult circumstances? What is something you can do to seek rest in the Lord's presence when you are facing hardship?**

God is trustworthy and it is worth following him every day. Derwin has taught us about practicing the Christ-centered habits of resolving conflict, being shaped by Scripture, sharing the good news about Jesus, and resting in the Lord. **Is there a particular habit the Lord has impressed on you to change, quit, or start? How can this group help you in the pursuit of holy habits?**

LAST WORD

We live in a world that may not value true rest and tells us we can find rest in things other than our Creator. Meanwhile, Jesus beckons us to come to him and allow him to lead us to green pastures for true rest.

As we experience more of Jesus in our rest, may we also continue to discover more about him through the other holy habits of resolving conflict, being shaped by Scripture, and sharing the good news about him with a broken world. These habits won't be built in a day, but with a little discipline, can build the life God wants us to have.

DEEPER WALK

Read: Read Psalm 46 and reflect on how we can find rest and stillness in God even when things around us are chaotic.

Plan: Schedule a time for yourself to get away to disconnect from the demands of life and reflect on God's goodness.

Pray: Ask God to give you regular reminders of your need to intentionally rest in him and the humility to rest amid life's busyness.