



## LifeGroup Discussion Guide

### Effort or Rest?

*Remember this page is designed to begin a discussion with your LifeGroup. It is not comprehensive. Allow the following questions to spur on deeper and further conversation, study, and discussion.*

Go around and share a job that you enjoy doing; something that either takes little motivation because it's something you love, or something that comes naturally to you because you uniquely find it rewarding and fulfilling? [Example: I love gardening, pulling weeds, tilling the soil, etc]

This Sunday we looked at the paradox of laboring to rest. **READ: Hebrews 4:8-11** - We began by identifying that the phrase "make every effort" as coming from an internal motivation to "do your best". How is laboring to "do your best" different than laboring because you have to? **READ: 2 Timothy 2:15** - What does Paul outline as some characteristics associated with "doing your best"? Where is your personal discipleship so characterized? Where are you falling short?

When we look back at **Hebrews 4:8-11** we find there are 3 different words used in reference to our idea of "rest" - they each correspond with the categories of (1) identity (2) confidence (3) actions. Our study led us to the conclusion that "True disciples of Jesus are **SHAPED** by a desire to **REST** in Jesus". **READ: Isaiah 64:8** - In the same way that a potter can "shape" the clay, see if your group can flesh-out what it means to be shaped by:

1. An IDENTITY that rests in Jesus? **READ and comment on: John 10:14**
2. A CONFIDENCE that rests in Jesus? **READ and comment on: Philippians 4:12-13**
3. Our ACTIONS that rest in Jesus? **READ and comment on: Matthew 6:9-10**

I wonder if there are any jobs that you once struggled to do when you were younger, that now, with time and maturity, you have a changed perspective on - jobs that you enjoy "doing your best" and work that leads to "rest". Share how your perspective on Jesus has grown. How has your Christian maturity resulted in insights reveal an ability to rest in Him?

Lastly, how does the maturity of your discipleship lead you to love and encourage one another along this journey to rest? What lessons have you learned in serving and helping one another along in love? You can conclude reading: **John 15:9-12**.