

Finding the Rest of My Faith: Listening and Discussion Guide

1. Gen 2:1-3 By the seventh day God had finished _____; so on the seventh day he rested from _____.
2. Which did God make holy? Choose one.
 - a. The days of work
 - b. The day of rest
 - c. Both
3. God gives us spiritual rest, which can also be called _____. In John 14:27, Jesus says, “_____ I leave with you; my _____ I give you.”
4. God promises that he will keep in _____ those whose minds are steadfast because they _____ in Him. (Is. 26:3)
5. Why don't God's people find rest? What is the problem? _____

6. _____ + REST = SALVATION; _____ + TRUST = STRENGTH
7. In Matthew 11:28-30, Jesus clearly states three things we must do to find rest.
 - a. _____ to me.
 - b. _____ my yoke.
 - c. _____ from me.
8. Name at least TWO sins we must give up in order to find rest. _____ & _____
9. What did Jesus tell Martha was a better choice than being worried and upset (and cleaning)?

10. What can choke out our quest for rest and fruitfulness? Mk: 18-19
 - a. _____ of this life
 - b. _____ of wealth
 - c. _____ for other things
11. Mt. 6:25-31 (Personal Question) Is not life more than food and the body more than clothes?

12. The cure for anxiety, worry, complaining, and anger is _____ to God.
13. To abide with Christ, you have to be _____ the _____ because He is the _____.
14. Ps. 91: 1 says, “Whoever _____ in the _____ of the Most High will REST in the shadow of the Almighty.”
15. What is the key to remaining in the vine and abiding with Christ? _____
16. Zephaniah 3:17 says, “The Lord your God is with you; he is mighty to save. He will take great delight in you, He will _____ you with His _____, he will rejoice over you with singing.
17. Isaiah 32: 17-18 says: The fruit of that righteousness will be _____; its effect will be _____ and confidence FOREVER. My people will live in _____ dwelling places, in secure homes, in undisturbed places of _____.

For Discussion.

Look at the Five Key Words from today's talk and discuss how you react to each. Set actionable goals for each one related to improving rest in your life. Chose a verse to accompany your goals.

OBEY

My plan for obeying God' call to rest is

DO NOT WORRY

My plan for eliminating the sin of worry from my life is

THANKS & PRAISE

My plan for giving God thanks and praise in my daily life is

ABIDE

My plan for learning to better abide with Christ includes

BE STILL

My plan for increasing the still moments in my life includes

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