

REST FOR OUR SOULS: NICKY'S TALK

QUESTIONS TO GO DEEPER:

1. What does resting in God mean to you?
2. Read the following scripture: what is highlighted to you – share with the group: 'Come to me all who labour and are heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly of heart, and you will find rest for your souls. For My yoke is easy and My burden is light.' Matt 11:28-30
3. What do you think of when you hear 'soul rest'?
4. Jesus knows life is tough and demanding, full of toil and labour, that's why He invites; 'all who labour and are heavy laden' to come to Him. We don't need to collect ourselves together and then come sorted to Jesus. Our very burden is what qualifies us to come in response to His invitation. Are there things stopping us from coming to Jesus and responding to His invitation? How can we bring these to Jesus?
5. What does Jesus mean when He says His yoke is easy?
6. Look at the two pictures:



Which will result in greater fruitfulness and less burnout? Which picture describes us?

7. Jesus made sure there was a healthy dose of 'margin' in His life. Margin is 'the space between our load and our limits'. How could you try to include 'margin' into your life? If you already have 'margin' in your life – share how this works for you.
8. Consider 'How would Jesus live if He were me?' 'How would He organise our day?' 'How would Sabbath look?' write down some first thoughts and share with those who are walking with you.
9. What things could we try or do differently to incorporate sabbath?
10. What things could we try to incorporate more soul rest?
11. How can we slow things down and live from soul rest?
12. Pray for one another to live 'yoked to Jesus' and from rest in God.