



Group Guide: January

This is meant to be used alongside the Restful Life Practice booklet

Welcome & Pray

Read:

“The Restful Life” - Page 8

Matthew 22:34-40, Proverbs 4:23

“The Heart” - Page 11

Reflect: Invite the group to wonder about these questions and have them jot down their responses.

Have each person draw a long straight line. On one end write “very rested and refreshed” on the other end write “extremely tired and overextended”. Place a dot somewhere on the line that describes where you’re at today.

- Do you feel tired? Overextended? How long has it been since you’ve had a real rest?
- Imagine you were given time to do something restful and delightful. What if you had an hour, afternoon, or even a full day. What would you do? Where would you go? Who would you be with? What does it feel like?
- What interests you in the rhythm of rest?
- What might need to change to make more room in your life?

Chat: Invite the group to share

What stands out?

Keep it low pressure and pass if you need to!

Practice: read the practice & plan to practice individually between now and the next time your group meets.

PRACTICE

Find a time to be with God and ask...

God, what is your invitation into rest for me in this season of my life?

Write down one, simple way you could move towards rest this month.

Pray: Take a little time to pray for each other before you go

*If your group wants to dive deeper, check out resources on page 23!