

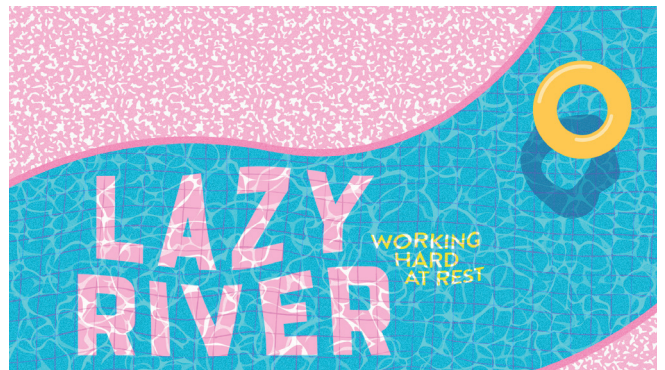


# GROUPS AT CROSS POINT

## BREAKING THE ICE

What's your favorite way to rest on the water: on a boat, kayaking/canoeing down a river, or laying on a floatie in the pool? What do you enjoy most about your choice?

What is your favorite event you've ever been invited to? How did it make you feel to know you were wanted at that event?



## MAIN CONTENT

This week, we welcomed Pastor Kevin back for Week 3 of the “Lazy River” series. Pastor Kevin discussed the importance of rest, how to recognize the signs of when you need rest and how to find rhythms of rest in your life.

1. Do you have warning signs of when you need rest? Share them with the group.

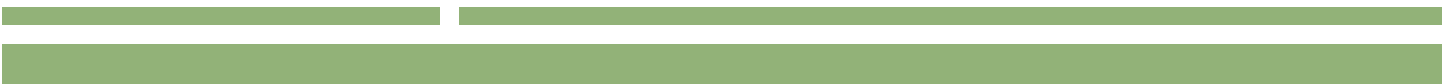
We all need rest. That's why Jesus stepped into this restless world. Read Matthew 11:28-30 in The Message translation.

2. Do you currently have a pattern of rest in your life? Share with the group what that looks like.

Jesus lived in a place of peace and He did that because He found a rhythm of rest in His life. When the crowd would form, He would retreat to be with His Father. Rest is not a place you go to - it's the person you go to that will deliver true rest.

### Read Mark 1:16-18

This was an invitation to Simon and Peter to come be with Jesus. It's the same invitation that we have from Jesus. It's His way of letting us know that He chooses us; we can find rest in knowing that Jesus always chooses us. For us, following Jesus is not just a one-time decision either, it's a choice we have to make every day. Sometimes, to follow fully, we have to let some things go.





# GROUPS AT CROSS POINT

3. What are some things that you need to let go of right now? What are some practical ways you can choose to have Jesus in your life every day?

## Read Mark 1:35 and Psalm 46:10

Even Jesus had to have solitude and rest. He would take time to get away from the crowds and the people to recharge. He wants us to be still and alone with just Him.

Pastor Kevin defined solitude as “withdrawing from the voices and demands of this world to be alone with God.” When we get still enough to hear God’s voice, we can see clearer. When we know that He is God, we realize that we are not.

Pastor Kevin used a jar with dirty water as an illustration of what it looks like to settle and then be able to see clearer.

4. How can you be still and alone with God? What are some of the things that you need help seeing clearer on?

You don’t have to do anything for solitude, or bring anything, or achieve anything; you just have to BE.

We need times to be alone, or the crowd will crowd out our inner life. We will start to live for the crowd and not for Jesus. Only God can give you your true identity.

Pastor Kevin gave us five things to do in our solitude time with God:

- + **Remember** - that God chooses you and loves you.
- + **Thank God** - reflect on who He is and what He’s done for you.
- + **Surrender** - Share with Him where you’re struggling and where you need Him.
- + **Trust** - God’s word tells us who He is and who we are. Find a scripture to focus on.
- + **Write it Down** - see how God moves in your life over time.

5. Which of these five things is easiest for you to do? Which is the most difficult? Why?

If you don’t know when God speaks to you, that probably means you need more rest. God wants to write a story with your life and that story begins with rest.





# GROUPS AT CROSS POINT

## CLOSING PRAYER

Dear God, Thank You for choosing us every day. Help us find rest in the fact that You have invited us to be with You and that Your mercies are new every day. Give us the strength to choose You every day and to find opportunities to be alone with You. Help us follow You in silence and solitude. Lord, meet us in that solitude. Give us the grace to WANT to be alone with You, that we'd be drawn to You and find peace knowing You are God. In Jesus name, Amen.

## ACTION STEP

This week, use the card from service to practice ways to rest in the solitude. Pray over each of the verses listed on the back of the card and be prepared to share how God has moved in your life when you gather with your group next week.

