

# Cultivate Discussion Guide

## The Need for Rest March 23 and 24, 2019

If you missed this weekend's message, view it at [cultivate.sc/discussion](http://cultivate.sc/discussion)

**A Note for Leaders:** As the group leader, you have the freedom to rephrase and/or choose the questions that meet your group's unique needs. Remember, it's okay if you don't answer every question and your group is free to work through additional questions on their own throughout the week. The goal of your time together is to have REAL conversation about the topics that are most meaningful to you. Lead the conversation, while being inclusive and giving everyone the opportunity to participate.

---

**Reflect:** Think about this weekend's message. What did you learn? Were you encouraged or surprised? Did something frustrate you or make you feel uncomfortable? Share your thoughts with your group.

**Cultivate Truth:** God's word is vital to teach, guide and direct us as we grow spiritually wise. We can cultivate truth when we need forgiveness, restoration and hope. However, God's word is also a place we can turn when we need rest. His word is where we find His presence and promise of refreshment, grace and love.

**Consider the following verse as you answer question #1:**

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matthew 11:28-30 MSG

**#1: Do you get away with God when you're tired and worn out - or is there another habit or activity you turn toward first, and why? How does the rest you find there compare to the rest God offers? Be REAL as you consider this but, give yourself and others grace. We all fall short in this area.**

**Do you experience grace, freedom and lightness with God? If not, how do you experience Him and how does that impact your ability to rest in His presence? Will you commit to keeping company with Him [cultivating His word into your life] so you can learn more of Him?**

Pastor Fredo shared that we have tangled up work with our value and identity. We tie our worth to our accomplishments, rather than what Christ accomplished for us - freedom. God invites His people to be free by participating in the great exchange - handing over our exhausted, overburdened and overworked lives to experience REAL rest in Him.

**#2: Many women struggle with rest. We believe the lie that it must be earned, and even if we make time to rest, we still feel restless and unsatisfied. What is your relationship with rest? Do you value or ignore it? Do you tie your worth to what YOU do rather than what JESUS has done for you?**

**#3: Share your battles and victories with rest. How have those impacted your emotional and physical health? Your relationships? After hearing this weekend's message, what needs to change about how you rest?**

Pastor Fredo challenged us that while it's become socially acceptable to admit we don't rest, God wants us to obey the command to Sabbath rest in the same way we obey His other commands, all given out of love and for our protection. Rest is not a suggestion and ignoring this command is disobedience, or sin, which comes with consequences – physically, emotionally and relationally.

**#4: There is always grace...but how does the fact that it's a sin to ignore God's command to rest, shift your perspective? Do you need to confess worship of work or anything you've placed above God, SO THAT you can enter in to His REAL rest?**

Pastor Fredo shared 5 ways we can practice resting:

- 1) Stop working
- 2) Spend time delighting in God's blessings
- 3) Shut off technology to have real presence
- 4) Let someone else help
- 5) Sit still and be formed by God.

**#5: Which of these options seems the most accessible or even acceptable form of rest to you? Which feels the most out of reach? Challenge yourself to pick one to practice this week, with mindfulness and intention. AKA...on purpose!**

**If you can't figure out which one you need, ask a trusted friend or group member how they perceive your need for rest.**

Be REAL with your group about your struggles with rest - or even with worth and identity. Hold one another accountable to obey this command the same way you would any other. Encourage and celebrate your victories and love one another through your battles.

**Cultivate Praise:** Close your time together praising God for the gift of rest; for the fact that He knows us so intimately, He commands we make time for it. Confess your struggles and ask God to help you to practice REAL rest. Thank Him for what He's doing in your life and how He's transforming you into a woman who desires to be REAL with self, God and others.

**We're Here to Help:** If anyone in your group is struggling with emotional health and/or carrying a heavy burden which is keeping them from entering in to real rest, encourage them to reach out to our Soul Care Team. Visit [move.sc/help](http://move.sc/help).