



BECAUSE

I SAID SO

Week Four | Because We Need Rest | 09.18-19.2021

Grow Deep Conversation Questions: Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90-minute group gathering.

Message Recap: The mundane day-to-day tasks can leave us feeling lost and defaulting to “Because I Said So” just to make it through the day. But what if we can free ourselves from the burden of trying to construct life-change in our children's hearts and embrace a greater parenting perspective that overflows with vision, purpose, and joy?

» Opening

(3 minutes)

- Introductions - This is especially important if this is your first meeting and if there are new members.
- Housekeeping - Clarify expectations:
 - Remind your group that this is a confidential meeting.
 - **Remember, there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - Open your time together in prayer.

» Introduction

(12 minutes)

- Ice-Breaker: What is one of your favorite hobbies? What do you love about it?
- Digging Deeper: How do you experience rest? How do you carve out time for rest?

» Observation | Read Matthew 11:28-30; 6:25-34

(12 minutes)

- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

» Key Principle | Rest reveals we trust God more than ourselves.

(12 minutes)

- Look at the Key Principle again. How does rest reveal that we trust God more than ourselves? In what ways have you seen people trust themselves rather than God through a lifestyle of hustle? What was the result?

» Hustle Hurts | Reread Matthew 11:28-30; 6:25

(12 minutes)

- Jesus was always interested in our pace, what are the things pushing you to go faster than you think is healthy right now?
- What are the daily needs that you stress about? If not, what are the long-term pressures you feel financially?

» God is Good | Reread Matthew 6:26-30

(12 minutes)

- How does God's provision for creation show you that you can trust Him in your life too?
- What would have to change in your calendar this week to reflect that you are choosing to trust God through rest rather than yourself?

» Kingdoms Count | Reread Matthew 6:31-34

(12 minutes)

- What does putting God's kingdom first look like in your life right now? In your schedule, relationships, finances?
- Make a plan for a time of Sabbath this week, even if it's only for a few hours, and block it in your calendar. Share about it next time.

» Next Steps and Prayer |

(15 minutes)

- Reread Matthew 11:28-30 out of The Message Translation. Which part of these verses do you most need to experience?
- Close by praying for each other to take the time to practice rest, choosing to trust God rather than themselves.