



Discussion Guide: The Art of Rest | Refuel

Begin with prayer

5 min

Check In

20-30 min

Spend a few minutes catching up on life with one another.

- Fruit: what has been bringing you joy lately?
- Thorn: what have you been struggling with lately?
- Vine: how have you seen or been connecting with God lately?
- Bud: what are you looking forward to?

Discuss this week's practice

5-10 min

- How'd you do with practicing the Sabbath this week?

Discuss this week's sermon

15-20 min

- Mark mentioned a story from the Washington Post about a man named Abraham Walker, who noticed star gazer lilies for the first time. But they'd been there for 5 years! What gifts surprised by during this last year that were already there?
- What challenges have you begun to notice during this last year that were already there?
- This Sunday was the anniversary of church going digital. And although this has created so much inconvenience, God says that He is able to use all things for the good. How have you seen God move through virtual church and digital media?

Open your bibles together

20-25 min

- Read John 4:6-10
- Jesus met the woman at the well because He stopped to rest. How do we become more available to others when we rest?
- What other 'wells' have you tried to drink from? How have they failed to satisfy?
- Read Jeremiah 2:13



- God gave His children wells that satisfied, but they made wells that couldn't satisfy but they could control. Describe a time when you valued control over satisfaction.
- The Lord says that the two sins that His people have committed are forsaking Him and digging our own cisterns. In other words, they had **pride** telling them they could make it on their own and **lack of trust** that God would provide for them. How have you struggled with pride or lack of trust?
- Read Ezekiel 47:6-9
- "So where the river flows, everything will live." Where has God brought life to you recently?
- Sometimes we try to make life happen where the river is not flowing. What are some areas that we are trying to bring life to? Are you trying to force the river or are you allowing it to flow (in other words, are you trying to fix things that God has not instructed you to fix)?

Prayer for one another

10 min

- Encourage the person who's assigned over prayer request to get them at this time

Talk about the coming week's practice

5 min

- Make sure that everyone knows where to find the practice guide on the website.