

Every Beat

Life Rhythms of the Psalms



OCTOBER 20-22, 2018



Rest

This week we're learning about God's refuge and the rest we can find when we follow Him.

WATCH THE VIDEO

[NorthlandChurch.net/Studies](#)

Afterward have someone read the discussion questions in the "Hear God's Story" section and start the conversation.



Share Your Story

Begin by praying together. This should be a brief, simple prayer in which you invite God to give you insight as you study. You can pray for specific requests at the end of your time together or stop momentarily to pray if a particular situation comes up during your discussion.

Then begin your time together by discussing the following questions.

- How do you find rest when you're tired?
- Who is someone you turn to in tough times?

Hear God's Story, and Create a New Story

READ PSALM 91:1-4 (NIV) & MATTHEW 11:28-30 (NLT)

- What are the attributes of God described in Psalm 91 that enable Him to provide us with refuge and rest?
- How do we experience rest, according to Jesus' invitation in Matthew 11?
- What are some of the heavy burdens you're carrying? How are those burdens and weariness affecting you? How are they affecting the people around you?
- What would it look like for you to experience rest in those areas?
- When is a time that God has freed you from a burden?
- How did you find rest in that situation? How did that refuge and rest affect the other people in your life?
- What is the yoke that is "easy to bear" that Jesus calls us to embrace (Matthew 11:30)? How has following Jesus been different from following other people or systems of belief?

Give each person an opportunity to share prayer requests.

Find Your Story in God's Story

If you feel God is nudging you to go deeper, take some time between now and our next discussion to dig into His Word. Explore the Bible passages related to this session's theme on your own, jotting your reflections in a journal or in this study guide. Want to go deeper? Select a few verses, and try paraphrasing them, writing them in your own words. If you'd like, share them with the group the next time you meet.

The problem with being tired isn't just the negative feelings that come from fatigue. When you're weary, everything in life suffers. Not only are your physical abilities compromised, but so are your mental, emotional and even spiritual abilities when you operate out of fatigue and scarcity. When Jesus invited us to find rest in Him, that invitation wasn't just about shaking off fatigue. It was an invitation to be fully alive in Jesus and to experience an abundant and uncompromised life. Out of God's inexhaustible supply, we can find ourselves no longer exhausted. And in the process, we can start to experience life in its fullness, without the weariness and aches that come from carrying the burdens of sin and shame.

READ ISAIAH 40:28-31 (ESV)

- When does God grow weary?
- What are some ways that God helps us with our own weariness?
- What's the difference in going through life with God's strength instead of our own weakness?

READ PHILIPPIANS 4:6-7 (NLT)

- For many of us, worry is one of the burdens we carry. How can we find refuge from worry, according to this passage?
- What happens when we give our burdens of worry to God?
- How does peace guard your heart and mind? How will that peace bring about continued rest and refuge in your life?

This week's study is also available on Northland's apps or at NorthlandChurch.net/Studies.