

May 29, 2016
No Wake Zone
Part I: Too Much Noise, Not Enough Rest
Ted Cunningham

1. Are you the kind of person who can't rest? Do you know someone who can't rest?
2. Of the four kinds of rests Ted listed, which would you say you need most and why: physical rest, emotional rest, mental rest, spiritual rest?
3. Exodus 20:8-11, God's people were told to labor and do all their work for six days, but to rest on the seventh day, the Sabbath. It appears God knows we need rest. Does rest mean doing nothing, and if not, what would a 7th day rest mean for you?
4. What place or activity soothes your soul?
5. The beloved 23rd Psalm says, "HE restores my soul." Can you remember or tell of a time when the Good Shepherd restored your soul?
6. Have you ever been a "slave" to work? If so, how fulfilling was your life?
7. Do you think social media is a filler or a drainer?
8. What "noise" in your life do you need to silence?
9. Scripture tell us often that our souls can find rest in God.
 - *How have you rested in God?
 - *How do you intentionally protect your relationship with Jesus?
 - *How do you "hear" God's voice?
 - *Are you able to sit in silence before God? If so, what benefit have you found in such silence?
10. Matthew 11:26 is a good verse to memorize during this series: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."
 - *Do you feel weary or burdened in some way?
 - *In this context of rest, how does taking his yoke upon you and learning from him fit in?
 - *Is there a specific way you can yoke yourself to the gentle and humble Jesus today?

Martin Luther Comment:

"This day you and I will discuss the governance of the universe." (Luther's friend)

“This day you and I will go fishing and leave the governance of the universe to God.” (Martin Luther)