

Sermon Questions 14 Oct 2018 – Change series --- Rest

1. Are you exhausted? (Physically, emotionally, spiritually). In what way? What is your personal source of energy, motivation, enthusiasm? (Self-effort, intellect, position, or the Holy Spirit) We are all exhausted at times. You are not unique.
2. Do we enjoy what we have worked hard to create? We should. How does worry destroy rest and/or enjoyment? What did Jesus do when tired, stressed? He talked with His Father, often alone. (Prayer, medication, scripture reading/study). See Luke 10:38-42.
3. See Heb. 4:2, 5 When does “God’s rest” start (now, future in heaven, both?) Salvation begins when you believe/receive (see John 1:12). He did the work of salvation. He gives (Himself); we believe and receive...this is grace).
4. How can sin drain your energy? Depression, discouragement, loss of focus or sense of mission/purpose. What is your ultimate goal in life? Do you suffer from lack of peace or contentment?
5. Do you recognize what you are missing? Matt 11:28-30. This is soul rest. He promises to take the weight of our burdens upon Himself. (He forgives sin when we repent and He gives purpose.)
6. Ps 32:5 Confess to Him/repent – turn from sin in His strength. This is true forgiveness and gives us the power to forgive others.
7. Matt 6: 33, 34 I suggest you recommend your members to memorize this verse!!!
8. What unhealthy patterns do we have? (Of course, voluntary responses only). These patterns often lead to sin, depression, or fatigue.
9. Make time for what is important to your relationship with God and your inner person, your soul. How can we do this?
10. 1 Tim 4:7 Prioritize!! Do the best things first...not always the most urgent. What is the difference between the BEST things and the URGENT things?

Respectfully submitted: Dick Griffith