



WEEK 2

DISCUSSION GUIDE

What If...

THIS WEEK

BIG IDEA

What if God wants you to rest?

BIBLE

Mark 6:30–32; Revelation 21:3–6;
Genesis 2:2–3

ABOUT THIS WEEK

Great artists know that to do their best work, they'll need to take a few breaks to rest and reset their creativity. This week, we'll look at a time when Jesus took time to be by himself right before doing something incredible. Jesus' choice shows us how a pause can be spiritual, leaving us wondering, **what if God wants you to rest?**

- Are you more of a morning person or a night person?
- What are the first signs to you that you need rest?
- What are the things you do to get rest?
- What would you say is the difference between rest and numbing out?
- What do you think about the idea that Jesus, as the Son of God, needed rest?
- How does your view of Jesus change knowing he unapologetically rested?
- How does your view of rest change, knowing it isn't a weakness but part of God's plan?
- Read Genesis 2:2–3. What does it tell you about God that there is a built-in rhythm of rest? Why do you think God made it this way? What would it look like for you to permit yourself to rest this week?
- Why do you think that this idea of rest feels opposite to how our lives are set up? Is there a place in your life where you think you need rest right now?
- Today, who is one person you can ask to help you remember to rest this week? What will that rest look like for you?



INSTRUCTIONS: As a group, come up with a phrase you and your small group can text or repeat to each other to give yourselves permission to get the rest you need this week.