

Chapter Six: Resting in Christ

This is a highly counter-cultural chapter! It not only strikes at the heart of our bent toward performance spiritually, but in pretty much every area of our lives. It also highlights how our definition of rest often falls short of God’s desire for us. “Resting” is more than “relaxing”.

Getting Connected

This opening question is designed to help people enter into the discussion of “rest” from the perspective they are probably used to thinking about it – the perspective of mere “relaxation”. Nonetheless, group discussion at this point we’re hoping will create a longing within participants against the backdrop of their busyness and bent toward performance.

Highlights and Insights

The question that asks people to choose a word that describes their life is a vital one ... the words have been chosen very carefully. Make sure ample time is given to allow them to discuss the “why” behind their chosen word and why they didn’t choose the other words.

Biblical Focus

In discussing this passage of Scripture, and the internal issues that might push back at Jesus’ command, be sure to remind people that Jesus (as God) is our Creator and loves us unconditionally. As a result, He knows what makes us tick and what’s best for us over the long haul. In light of this, it’s very important that resting in Christ is much, much more than merely kicking back and watching TV. It touches us at a much deeper level! If your group time allows you to discuss the questions in the blue shaded area, do it at the end of this section before moving on to “The Heart of the Matter”.

The Heart of the Matter

At the heart of our unwillingness to rest is often a perception of God that’s inaccurate ... a caricature, actually! So the discussion in this section should center on the truth about God’s character in the Scripture, the true nature of Christ’s unconditional love for us, and the sufficiency of the cross to set us free from the tyranny of guilt, shame and a performance-based orientation.

In Conclusion...

This might be a good opportunity to pair people up in your small group for prayer, or create triads for prayer. Inviting people to pray for one another in this most vital area can’t be overstated. It’s true spiritual warfare!