

THE WAY FORWARD: UNPLUGGING

Life Group Questions | Sunday, September 13, 2020

What is something you do when you need rest?

Read Matthew 11:28-30. Do you go to Jesus when you feel exhausted? Why or why not?

This Sunday we talked about the word chaos, which means a state of confusion and disorder. The world is certainly in a state of chaos right now, but even before this year we all experienced a certain level of chaos in our lives; we have a consistent stream of stimuli through our phones, computers, televisions, families, jobs-the list goes on-that continue to distract us and keep us from resting in Jesus.

We can't (and shouldn't) unplug from these stimuli all of the time, but what is one area that you need to take a break from on a regular basis? What keeps you from taking that break? How do you think Jesus would give rest from that area?

Read Psalm 46. How does the Psalmist describe the world in this Psalm? What does God do in this chaos? How do we relate to God in the midst of this chaos?

What is something out of your control that you need to trust to God this week?

Pray together. Close by reading Philippians 4:4-7. Pray for gentleness, peace and rest.