



HOMEGROWN

Discipleship

Restless - 6/21/2020

OVERVIEW

As we wrap up our series, Homegrown Discipleship, we look at Jesus and how He offers God's rest to us. He offers us more than physical rest; He can even give us rest for our burdened souls. Our focus is too often inward and self-seeking, but God helps us turn our focus toward Him. Will you come to Him and allow Him to give you spiritual rest?

Scripture: Mark 2:23-24, 27-28; Colossians 2:16-17; Matthew 11:28-29; 1 Timothy 4:7b-8; Isaiah 58:13-14a; 2 Corinthians 5:21

APPLICATION

- How did your intentional time of rest and Sabbath go last week?
- Woody shared that if you are not able to find rest and peace in God, there might be something you need to confess. Or you may even need to take the step of accepting the free gift of salvation that God offers. Is there anything that is keeping you from spiritual rest?
- As you remember our topics of Prayer, Scripture, Silence, Solitude, and Sabbath, what are some takeaways you have from the Homegrown Discipleship series?
- Information without application will not result in transformation. What have you done differently as a result of what you learned in this series?
- Like physical training, if it is not continued, the results will not last. What is your commitment to spiritual training going forward?

HOMEWORK: Write out your training commitment and share with God and another person. Also, we will be completing our final YouVersion Bible plan together as a church body for this series. This week's plan is *Restless* by Jordan Raynor. To join a Blue Ridge reading group, sign-up at www.blueridge.org/readingplan.

