

Psalm 23:2

Weariness and Worry

March 13

I Will Give You Rest

Max gives a list of the consequences of sleep deprivation in the world.

What surprised you? What sounded familiar?

What makes you weary?

What are some ways you deal with weariness?

When was the last time you answered someone's "How are you" with "busy?"
Why do you think our culture considers "busy" not only acceptable, but a badge of honor?

What are some reasons you have heard (or used) for not getting enough rest?

What is "Rest"?

Where does the world look for "rest"?

Where should Christians look for "rest"?

Exodus 20:8-11

When did God command rest?

When did God create rest?

When did God model rest?

Why does God make such a big deal about rest?

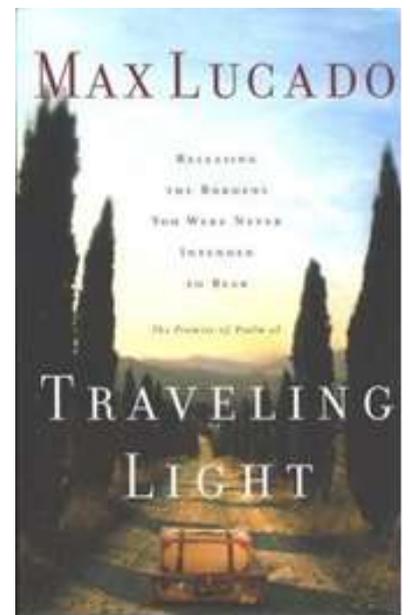
Hebrews 4:1-11

What keeps people from entering God's rest?

When is the time to obey God's command?

What is the "rest" being talked about in this passage?

How does this "Rest" connect with rest today?



Whaddifs and Howells

What are some common “Whaddif”s?

What are some common “Howells”s?

Max describes the baggage of worry as a “bulap bag...cumbersome... hard to get a handle on”.

How is this a good description of worry?

What are some practical ways to “get a hold” on this baggage?

The biblical root word of “worry” means “divided mind”.

How is this a good description of worry?

Matthew 6:25-34

Jesus does not just say “don’t worry”
and leave it at that.

What reasons does Jesus give (here and elsewhere)
that we should not worry?

What does “seeking God’s Kingdom First” (6:33) look like in everyday life?

Philippians 4:6-8

What are we to do instead of worry?

What does this look like in everyday life?

What benefit comes from filling our minds with “whatever is true, noble,
right, pure, lovely, admirable”...?

*What do weariness and worry have to do with
“He makes me to lie down in green pastures”?*

¹The Lord is my shepherd;
I shall not want.
²He makes me to lie down
in green pastures;
He leads me
beside the still waters.
³He restores my soul;
He leads me in the paths
of righteousness
For His name’s sake.
⁴Yea, though I walk
through the valley
of the shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff,
they comfort me.
⁵You prepare a table before me
in the presence
of my enemies;
You anoint my head with oil;
My cup runs over.
⁶Surely goodness and mercy
shall follow me
All the days of my life;
And I will dwell
in the house of the Lord
Forever.