

Follow up Questions from message on Sunday, May 14, 2017

Faith Apps: Rest

Reread Matthew 14:22-27

1. Rate your current schedule as it relates to your busyness (1 through 5) with one being terribly bored and five being extremely busy.
2. How many hours of sleep do you think is ideal for yourself.
3. Exhaustion can rob us physically, emotionally, and spiritually? What drives our busy lives?
4. Jesus in Matthew 14 reading operates out of a rhythm of rest, what did he do to rest?
5. Why do you think he rested oftentimes after significant miracles?
6. Why don't we consider resting a spiritual discipline?
7. What do you think it means that Jesus has become our Sabbath? Sabbath from what?
8. Pastor Jon said in his message that "rest is always associated with trust in God." How so?
9. Is your current pace sustainable?