

Spiritual Kung Fu

Session 3

Rest

Read Genesis 1:27-31; 2:1-3

- What do these verses say was created on the 6th day?
 - God told man all that He had dominion over and what was supplied for him in these verses. It was finished and very good.
- How did God and man spend their first full day together?
- What were we created for?

Read Matthew 11:28-30 (MSG)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

- Who is the giver of rest in the Genesis and Matthew passages?
- Is the rest that the Bible talks about an event or a state of being? Explain
- What do you think “enter into the rest of God” looks like?
- Since this is not a doctrine, but it is relational, how have you allowed this to be real in your daily life?
- When you are at rest does it mean that you do not minister His life to others by serving?

Read Jeremiah 50:6 and Hebrews 4:9-11

- What was forgotten that Jeremiah spoke of here?
- What should we be diligent in efforting to do according to the passages in Hebrews?
- How can we be lead astray by others and even the enemy if we forget our resting place?
- What are some of your hindrances to entering into the rest of God and remaining in His rest?

What are some of the benefits of resting in God and how have you personally experienced them?