



## Discussion Guide: The Art of Rest | Rythym

### **Begin with prayer**

5 min

### **Check In**

20-30 min

Spend a few minutes catching up on life with one another.

- Fruit: what has been bringing you joy lately?
- Thorn: what have you been struggling with lately?
- Vine: how have you seen or been connecting with God lately?
- Bud: what are you looking forward to?

### **Discuss this week's practice**

5-10 min

- How'd you do with practicing the Sabbath this week?

### **Discuss this week's sermon**

15-20 min

10 signs you might be suffering from hurried sickness:

1. Irritability
  2. Hypersensitivity
  3. Restlessness
  4. Compulsive overwork
  5. Emotionless
  6. Escapist behaviors
  7. Disconnected from identity & calling
  8. Hoarding Energy
  9. Not able to attend to human needs
  10. Slippage in our Spiritual practice
- How many of these signs are evident in you?
  - Lo said that restlessness isn't just a disordered calendar, but a disordered heart. How would you describe the state of your heart and the rhythm of your life? Where is there disorder?



### **Open your bibles together**

20-25 min

- Read Mark 6:30-31, 45-46
- Jesus would regularly retreat to the desert, the mountains, or the wilderness to be alone with God. Where is your quiet space? How often do you prioritize meeting God in this space?
- Notice how Jesus was productive without sacrificing His rhythm for busyness. How would you describe a healthy balance between productivity and rest? Where have you seen a healthy balance?
- Read Psalm 37:4-6
- Describe the things that you delight in. Which of them are life giving and God honoring, and which of them are distractions?
- Lo talked about how we can have an addiction to busyness, distraction, and the pursuit of more that is harmful for us. How does rest offer us healing and contentment?
- Read Romans 6:23
- Have you ever thought about hurry or restlessness as sin? What are some dangers or consequences you've seen from living a life of exhaustion or distraction?
- What narratives have you heard that have compelled you to not prioritize rest?
- Jesus doesn't just want to forgive our sins, He wants to deliver us from them. What would your life look like if you were free from the sin of hurry, restlessness, and distraction?

### **Prayer for one another**

10 min

- Encourage the person who's assigned over prayer request to get them at this time

### **Talk about the coming week's practice**

5 min

- Make sure that everyone knows where to find the practice guide on the website.