



LIFEquestions

## Your Story

- How does being tired affect you?

## God's Story\*:

Read the passages on the opposite page.

Take a slow look at the LIFEText (opposite) and consider these questions:

- How do you react to Psalm 127:2? Is it realistic? What positive message could you take from it?
- Looking at Psalm 23:
  - In what way do I have all I need if God is my shepherd?
  - Does God's sense of our needs, and ours always agree do you think? Why is that?
  - How easy is it to believe that God leads us to rest? If it is hard, why?
  - If we ignore God's call to rest, how is our 'strength' diminished? Give examples from real life if you can.
  - How does lack of rest affect our relationship with God?
- Looking at Mark 6:31, how might you respond to Jesus' invitation to go with him to a 'quiet place and rest a while'? How do we find Jesus in quiet and rest, in ways that we might not in busyness?
  - What is people's experience of taking time out with Jesus?
- A day a week for rest and worship (Sabbath) is God's gift to humans (according to Jesus - Mark 2:27). What is the value of that gift do you think? Why might we refuse to take the gift and what is the result?

## Your Story

- What practical ideas is each person taking away from this discussion? Pray for one

\* These questions are a guide only. Do not feel you have to cover them all. Do feel free to allow the conversation to develop in other directions, if it seems fruitful (and stays on the subject!). Do pray for one another.

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

Psalm 127:2

The Lord is my shepherd;  
I have all that I need.

He lets me rest in green meadows;  
he leads me beside peaceful streams.

He renews my strength.

Psalm 23:1-3

31 Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

Mark 6

27 Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.

Mark 2:27

LifeSHAPE  
live for God

LifeSTREAM  
connect with God

LifeSOURCE  
rooted in God

