



MESSAGE GROUPS - SPRING BREAK - MARCH 31

LEADERSHIP THOUGHT:

In the spirit of Spring Break, a lot of us are seeking rest and peace. In seeking refuge from the daily stress and grind of work, we turn to beach vacations or binge-watching our favorite show. But we never actually feel rested when these moments are over. As followers of Christ, we are told to rest in Him. So instead of looking for things to find rest in, we should start looking to have peace in God. Once we are at peace with Him, we better serve Him, the Church, and those around us.

ICEBREAKER:

What does your dream vacation look like? Where would you go and what would you do?

DISCUSSION QUESTIONS

- **Q:** *What stood out most to you from the message & why?*

Matthew 11:28 says, "Come to me, all you who are weary and burdened, and I will give you rest." In this, Jesus is inviting those who are tired, busy, and burdened to seek Him.

- **Q:** *When you're in need of rest, what do you do? How often do these solutions bring you true rest?*
- **Q:** *How can we start finding peace in God instead of turning to other mind-numbing activities for rest?*

Read **Matthew 19:16-22**

- **Q:** *Matthew is following the rules set in place for Christians instead of actually following Jesus. In your relationship with Christ, are there things you're treating as rules instead of Jesus-like desires?*

Matthew's sin wasn't attached to the things he was doing wrong, but in the things he wasn't doing at all. In verse 21, Jesus told him to sell his possessions then follow Him. In order for Matthew to receive eternal life, he needed to give up the one thing he treasured most.

- **Q:** *Has God ever asked something of you that you didn't do? What are some IDOLS people often have a hard time giving up?*

CLOSE

Like Matthew, we get caught up in our possessions – in what we're working for and toward. We start to idolize them and give more of ourselves to worldly possession than to Jesus. Instead of using God's gifts as tools, we turn them into trophies, forgetting who we are in Christ. As a group, discuss this question;

- **Q:** *Where are you giving more of your time, thoughts, and energy? Are you loving it and relying on it more than Jesus? How can you begin to live differently?*

