



## LIFE APPS #4 :: The Rest App {Jeff Henderson}

### INTRODUCTION

Can *resting* be a spiritual exercise? Can taking a nap be one of the most spiritual things you do today?

### DISCUSSION QUESTIONS

1. What kind of person do you become when you are lacking rest? Are you more or less productive?
2. What are the most important things that come to mind when you think of spiritual disciplines? Where does *rest* fall on that list?
3. Read 1 Kings 19:1-9. God incorporates a pattern of activity and rest in Elijah's life. Where else do you see a natural pattern of activity and rest?
4. Read Matthew 14:22-23. What steps can you take to incorporate *rest* into the rhythm of your life?
5. Is your ability (or inability) to rest an indication of your trust in God? Are you living at a sustainable pace?

### MOVING FORWARD

Your life moves to a better place when you move at a sustainable pace. Our relationships, health, decisions, emotions all move to a better place when we move at a sustainable pace. So consider taking a nap. Schedule a full day to take a break and recharge your batteries. Ask the people closest to you, "Is my pace sustainable?" and do whatever it takes to move in a more rested direction.

### CHANGING YOUR MIND

*Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone...*

**Matthew 14:22-23**