**Small Group Discussion Questions**

Chapter 29 – Rest

**January 26, 2020**

**Scripture(s):** Mark 2:23-28

Take out a piece of paper. On each of the four margins write one of these words: work, family, finances, emotions/stress.

Ask each person to fold each edge to represent how much margin they have in each of these four areas of their lives.

What kind of rest recharges you?

Read Matthew 11:28. How do you need to “*come to Jesus*” to find rest?

Share some ways you have made rest a rhythm. Be specific with habits and behaviors that turn your attention toward God and family.

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