



WEEK THREE | THE TABLE OF REST

Before we even begin this discussion, we need to adjust our mindset on emotional, physical, and spiritual rest. We aren't specifically focusing on the need to take a day off, take a sabbatical, or even take a nap here and there. Those are wise and good things. What did Jesus teach us about resting from the worry and frustration about things we can't change? It may feel good for a time to fuss about it, but in the end, there are plenty of other things waiting to replace it. This is an opportunity to look within rather than out.

GETTING STARTED

What is something out of your control that you can't change?

How are you dealing with that?

TALK ABOUT IT

Read Luke 10:38-42 (Jesus eats at Mary and Martha's house)

How do you think Martha is getting a raw deal here?

Jesus said, "Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

What has Mary discovered that, apparently, Martha has not?

How are you doing with not letting the details and responsibility in everyday life rob you of the joy and purpose of following Jesus?

APPLY IT

So, this may seem like a harsh example, but there is a lesson for all of us in the passage I want you to read next. It's a call to open our eyes now and see what is truly important. Jesus' clear message is do it now while you still can.

Read Luke 19:41-44 (Jesus' sadness for Jerusalem)

Before you say too quickly, "I may struggle with other things, but having a critical spirit isn't one of them."

What does a having critical spirit do to your heart?

What do you still need to learn about seeing and accepting Jesus as the way to peace?

PRAY

If your group doesn't communicate with one another about weekly about prayer needs, try starting this week. Set up a group text or email and get involved in one another's lives through encouragement and prayer.