

Dig Deeper @Home – “Threads”

Complement to lesson on 7/12/26 – “Operating from Rest”

ICE BREAKER – Questions to open dialogue and learn more about those gathered

1. What is your definition of rest? When do you feel most at rest? Least at rest?
2. Would you rather transform into an animal or an object and what would it be?

MEDITATE & MEMORIZE – John 5: 39-40

You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about me, yet you refuse to come to me that you may have life.

READ – Galatians 4: 1-11, Romans 14: 1-13, Matthew 11: 28-30

Questions to ponder/discuss:

1. Re-scan the text and consider...
 - a. What did the Holy Spirit draw your attention to as you read?
 - b. Is anything repeated? Contrasted? Compared? (If so... why might that be?)
 - c. What in these verses is interesting? What is confusing?
 - d. What are the verses revealing about God? What are the verses saying about people?
 - e. In light of these, what needs to change in your life? What are you already doing well?
2. How do these verses speak to the posture of a follower of Jesus?
3. What do these verses have to do with rest?

EXPERIENTIAL ACTIVITY – Rest in Him in Everything

We have a hard time resting. By rest, I don't mean an absence of busyness or work. By rest I mean a giving up of control and a relinquishing of our desires to build our own kingdoms and have things our way. This is how we operate from rest: we live for Christ. So practice this week in all situations of doing. How? By joining with Christ in surrender and submission. Here's a question to help with this: "Jesus, what do you want me to do/think/learn in this situation?" In doing so, you will find yourself operating from rest, doing less but accomplishing more.

SING (or listen to)

Holy Forever - <https://youtu.be/lkHgxCemCRk?si=yLzWerfkjPYRH-Ac>

Taste and See (Psalm 34) - https://youtu.be/yOzf0VrDNGU?si=yWzgRKDnr0O_7SXH

He Will Be - <https://youtu.be/TmQOUvSo-4M?si=9whCUz8QwT9gnmhG>

Take my Life and Let it Be - <https://youtu.be/y3gWwGDGgVA?si=SXEVKhznrJsLDsOP>

PRAY

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us, for this week.

Sending prayer based on the message:

Lord Almighty, Father-Son-Holy Spirit, thank you for your mercies which are new every morning, great is your faithfulness. Fill me with trust and hope this week and relinquish control in all situations to You operating this week from a place of rest in all that I do. Help me to give myself grace as I grow in this new posture.