

## SERMON DISCUSSION GUIDE



**LUKE**  
**CHAD BRUEGMAN**  
**SEPTEMBER 10, 2023**

If you would like to watch the message, visit [rpc.me/messages](https://rpc.me/messages).

### LEADER

Introduce yourself first

- How long have you been attending RPC?
- Describe your family.
- Share one thing about yourself that most of your group members would not know.

Have everyone introduce themselves.

Go over the Small Group Covenant. Explain the purpose of the group – to make friends and grow in our faith.

### ICEBREAKER

- Briefly share one thing you are most looking forward to this fall.
- “Are you ready for some football” ...if you enjoy watching football, what team are you cheering on this season?

### READ

Matthew 11:28-30 (read in The Message and NIV version)

### QUESTIONS

- What do you need rest from today?
- How do you relax? (e.g., read a book, watch TV, go on vacation, write, take a long bath)
- This passage illustrates that rest is found in Jesus. In a world where we constantly have things to do, places to go, and the desire to keep up, we are desperately in need of rest. Jesus says, “and I will give you rest” and “I won’t lay anything heavy or ill-fitting on you.” What is the cause of your restlessness? In what ways are we taught to live restless lives? (e.g., working overtime, trying to get ahead, being busy with kid’s sports or school activities, endless scrolling on social media)

## READ

Luke 10: 38-42

## QUESTIONS

- This passage offers a guide on what it looks like to have a rested soul versus a burned out soul. Who are the two women in this story and what were they doing when Jesus walked into their home? (Martha and Mary, Martha, the server, was distracted with much serving that she did not pay attention to her guest while Mary, the sitter, welcomed Jesus, sat at His feet, and listened to His teaching.)
- Who are you most like – Martha or Mary?
- This passage is not about personality but about rhythm. Neither rhythm is bad and one is not greater than the other. What this passage is teaching is to strengthen our soul, we need to \_\_\_\_\_? (rest)
- The term soul here refers to your mind, your mental health, your energy or will to get up and do it another day, and your emotional wellbeing or your heart. Why do we need to take care of our heart? (because out of it everything else flows (Proverbs 4:23))
- Chad says, “God wants to cultivate your soul but the Devil wants to distract it. If the Devil can’t make you bad; he’ll make you busy.” What does Jesus tell Mary in verses 41-42?
- Chad talks about 3 engine lights that are a sign we may be tired or burned out and need rest in Jesus. 1. Questioning the goodness of God, 2. Being cynical, 3. Overly judgmental, and 4. Hyper-focused on other people’s approaches to life. Do you agree or disagree?
- How do we obtain rest? (seek Jesus first, by asking Jesus for it, by coming to Jesus in prayer, by sitting with Jesus to learn and listen from His Word)
- How can this scene be encouraging and instructive for your own life?

**THE THREE QUESTIONS:** The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

- **What did you hear?** What point in this message was most impactful for you?
- **What do you think?** How did this message challenge, change, or affirm your thinking?
- **What will you do?** How will you or your group put into practice what you've learned today?

**CLOSE IN PRAYER:** How can the group pray for you now and in the days ahead?

**LEADERS:** Please take attendance. Every week encourage someone to share a little bit of their story. A great format is to take 3 positive and 3 negative things that have had an impact on who you are today. Leader – Start by sharing your story in this format. **Who would like to do this next week?**