

SPIRITUAL CHAMPION | REST

SMALL GROUP DISCUSSION:

- Share prayer requests.
- Why is rest and margin so hard to find for men today?
- List the activities that impeded your ability to find rest. Which on the list is the leading issue?
- Read the text below out loud and make 5-10 observations as a group.

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" ⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

LUKE 10:38-41

MY OBSERVATIONS:

MY ACTION ITEMS:

Issues to Address. Steps to Take.

What adjustments do you need to make in your life to find more rest in your relationship with Christ? What choice do you need to make today?