



## **Life Group Discussion Questions**

**Sermon: The Rest of Your Week**

**Date: 1-28-18**

- **Perhaps start with some background. What's one of the best jobs you ever had? What's one of the worst?**
- **When you think of "work as worship," are there some jobs that that seems more possible for than for others? Can you find ways to view the other jobs as worship, too?**
- **Probably many of us struggle with finding a healthy rhythm or proportion between work and rest. What are some questions you have about simply resting?**
- **In your own life, how do you decide what's rest and what isn't? What kind of gauge can you use to think about how much rest you need?**
- **Are there ways your group can encourage one another to maintain healthy cycles of working and resting?**
- **Praise the One who has finished the great work of redemption for us. Ask for the peace to do your work from a place of inner rest.**