



6/21/2026 | Slowing and Rest

### Reflect + Discuss

- What is your dream vacation or an ideal day off?
- Chris reminded us through the words John Mark Comer, “If you want to experience the life of Jesus, you have to adopt the lifestyle of Jesus,” and highlighted three ways Jesus modeled a life of rest and connection with God.
  1. Jesus took time to rest and retreat. What heart posture can you learn from Jesus’ rhythm of rest and retreat? Are there activities you have found can be helpful in giving you rest and building connection with God? If you are carrying responsibilities you can’t simply set down right now, what might rest and retreat look like for you in this season?
  2. Jesus spent time with people and celebrated. What priorities can you learn from Jesus’ commitment to spending time and celebrating with others? Are there relationships you have neglected in pursuit of productivity and accomplishment? Is there someone in your life who you would like to be more intentional to spend time with?
  3. Jesus maintained healthy boundaries. What do you find most difficult saying “no” to? What enabled Jesus to maintain healthy boundaries despite the constant demands on His time and attention? How can we cultivate the same foundation in our own lives?
- The world recognizes that overwhelming busyness is a common struggle and offers many solutions, but Christ reminds us that, “The power is in who these practices connect us with. The key is that we have to be attached to Jesus.” How is God inviting you to prioritize connecting with Him in your busyness? What might it look like to invite Jesus into your everyday responsibilities?
- Read Matthew 11:28-30 in NIV and MSG. Which phrase would you like to meditate on throughout the week, and why?

### Pray

Pray that we may grow in understanding what it means to take upon ourselves Jesus’ yoke, which is easy, and His burden, which is light. Pray that we would increasingly follow Jesus’ rhythm and way of life so that we may experience His life of rest and deep connection with God. As we continue to reflect on this message, pray that we would run to God for needs we are trying to satisfy through our activities, and that we would invite Him into the places where we feel overwhelmed, letting Him help us carry the load we are unable to set down in this season of life.

### Next Steps

Check out the [resources page](#) for links to several Bible reading plans and other helpful tools. Explore other opportunities for growth and transformation by checking out [courses](#).