

Rest

Gather (your tent getting to know each other)

This week's study focuses on the rest that comes from a fulfilled covenant with God. Choose one of the following questions to help start the conversation. Allow space for each person to participate.

- What's the longest you've slept at one time? What's the longest you've gone without having sleep?
- Talk about a major project, task, or life situation that you persevered and saw to completion.

Grow (your tent growing as Christ followers)

- Read Joshua 1:13, 11:23, 22:4, 23:1, and 24:32-33 what initial thoughts do you have about these passages?
- Watch and discuss the "Episode Six: Rest" teaching video.
- Some historians believe Israel lived in covenant rest for about seven years. This rest is described in Joshua 21:43-45 and is a continuation of Joshua 11:23. As you read these passages, discuss the following:
 - What do these passages reveal about God?
 - How do you envision this rest felt for the nation of Israel?
 - In light of your current circumstances, what implications does this passage have for you?
- After many years of unrest and captivity, Isaiah reminds Israel of the covenant rest available through God. John writes of a similar rest for all who call themselves Christ followers. Read and compare Isaiah 60:18-22 and Revelation 21:3-7. What appeals to you most about this kind of rest?
- There is another type of rest that comes from being Christ-followers. Spend some time talking about the identity and rest described in Isaiah 62:2-5 and Colossians 2:11-15.
- Joshua 24:32 describes the completion of God's covenant with Abraham from Genesis 12. Israel is now a great nation, has a name and covenant relationship with God, and now has land. In some ways this takes us back to the beginning of our tent experience. How have you seen God's covenant being fulfilled in your life?
- Paul encourages the Colossians to keep going in order to experience a fulfilled and mature life in Christ. What motivation do you receive from Colossians 1:28, 4:12, and 4:17?
- We were encouraged in the Day 36 Daily Reading to journal about the following questions. Take some time to share your answer with each other.
 - What is your pattern of rest?
 - How can you practice the Sabbath?
 - What can you cut out of your schedule to create needed space?
- Most of us live full or over-full lives with the hopes they will bring us satisfaction. Often, however, our full lives leave us exhausted and unfulfilled. Why is that? What parts of your busy life do not bring fulfillment? What are you willing to do about it?
- Rest provides us invaluable time with God, ourselves, and others. How do you want rest to be a part of your story? Mike referenced three ways to practice rest by diverting daily, withdrawing weekly, and retreating regularly. Complete the last section of the **Your Covenant Story** entitled "Rest." Then, take some time to share your completed covenant story.

Rest

Give (your tent serving each other)

- The disciplines of silence and solitude are crucially important to the health and longevity of our lives. Creating space to sit gives our minds and hearts space to hear what our Lord has been trying to tell us. As a group, take 5-10 minutes and practice silence. Find a comfortable spot and turn off all distractions. Just sit and breathe. How might this practice be an ongoing help for you?
- Choose to stay as one or break in to your smaller accountability groups for prayer time. Take a few moments to confess what you need rest from and then pray together. Have someone close your prayer time by reading Philippians 1:3-11 aloud.

Go (your tent on mission)

- The discipline of first and last is a practice where you set aside the first and last minutes of each day to spend with Jesus. For the next seven days, determine the time you will set aside and put it into practice.
- Determine next steps for your tent. Will you continue to gather? Do some in your tent need to reconnect in a small group? Commit to helping each person find their next step.