

CHILL

God's Rhythms for a Heart at Rest

WEEK 3 | GROUP DISCUSSION QUESTIONS

CONNECT

- Resting is doing things that replenish us. **What activities, hobbies, or interests replenish you? Physically? Emotionally? Mentally? Spiritually?**

CONSIDER

- **What was encouraging or challenging from the sermon and/or daily devotions this week?**

CHRIST

Read Ecclesiastes 5:18-20 as a group.

- One of the main lessons in the book of Ecclesiastes is that life is limited. In fact, time might be the most valuable resource in our lives. **Think back over your life. How did you view time as a child, student, and adult? What about rest and recreation?**
- Ecclesiastes reminds us to stop, rest, and enjoy life. If we don't, we might just miss the gifts God has given us to enjoy. Also, we may find ourselves running on empty physically, emotionally, mentally, and spiritually. **Do you ever feel like you are overwhelmed, too busy, unable to stop and enjoy the God-given gifts in your life? Why?**
- Busyness is the enemy of intimacy. It often isolates us from the things that replenish us. **What in your life keeps you the busiest? Why?**
- **Of those 4 areas—physical, emotional, mental, and spiritual—where do you feel like you are running on empty? Why?**
- **What activity do you need to add to your daily, weekly, or monthly rhythms to help replenish this area?**

- Many times we don't invest our time wisely. Things that replenish us are often placed on the back burner over other priorities. In her book *The Top Five Regrets of The Dying*, author Bronnie Ware identifies these top deathbed regrets:
 - I wish I hadn't worked so hard.
 - I wish I had stayed in touch with my friends.
 - I wish I had let myself be happier.

Which one of these resonates with you? Why? How do these regrets connect with Ecclesiastes 5:18-20?

- God celebrates, enjoys, and delights in His creation (Genesis 1:31), and He invites us to do the same. When we rest, we have the opportunity to enjoy the immeasurable gifts that are from God (people, places, things, etc.). **Right now, what activities have been bringing you joy and delight?**

The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. So they left by boat for a quiet place, where they could be alone.

Mark 6:30-32 (NLT)

- Jesus recognized the need for rest, because he withdrew with his disciples 46 times. It is often through rest that we can enjoy life and work better. **Does your current schedule allow for rest and recreation that replenishes you? Who or what do you need to add to your schedule or give more time? Who or what do you need to remove from your schedule or give less time?**

CALLING

- Whether it's work, family, or other obligations, something is going to control your time. Why not give control to the One who has gifted you with your time and many ways to spend it? **Think about your schedule this week. Is there time for rest? Is there time to enjoy God's gifts? How can you use your time wisely this week?**
- **Daily Devotions:** Spend 15 minutes each day with Northside devotions. Text DEVO to 81212 or use the Study tab in Northside's mobile app for daily devotions.
- **Memorize:**
Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God. They seldom reflect on the days of their life, because God keeps them occupied with gladness of heart.
Ecclesiastes 5:19-20 (NIV)
- **Further Study:**
 - *The Ruthless Elimination of Hurry* by John Mark Comer
 - *Emotionally Healthy Spirituality* by Pete Scazzero