

Resting and Reclaiming Your Sanity

Icebreaker: Can you remember a time of resting in your life when you really came away refreshed and ready to refocus on God and on life?

A. Prioritizing our relationship with God.

Luke 2:41-50 *Every year Jesus' parents went to Jerusalem for the Festival of the Passover. 42 When he was twelve years old, they went up to the festival, according to the custom. 43 After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. 44 Thinking he was in their company, they traveled on for a day. Then they began looking for him among their relatives and friends. 45 When they did not find him, they went back to Jerusalem to look for him. 46 After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. 47 Everyone who heard him was amazed at his understanding and his answers. 48 When his parents saw him, they were astonished. His mother said to him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you." 49 "Why were you searching for me?" he asked. "Didn't you know I had to be in my Father's house?" 50 But they did not understand what he was saying to them.*

1. At the age of 12, how did he amaze everyone? What was Jesus' priority?

2. How is this story a foreshadow of the ministry of Jesus?

3. What do you think they thought about the actions of Jesus? What do you think he was really saying to his parents?

4. How might we today misunderstand the priorities of Jesus?

Matthew 6:33 *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

5. Why is it so hard to keep God first? What sort of things get in our way?

6. How do we go about seeking to put God first in our life? (Matthew 6:33)

Mark 6:31 *Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."*

7. When we are really busy, why is it important to take time to be with the Lord?

8. Read the passages below and describe what were some of the circumstances and/or reasons that Jesus withdrew to be with God.

Luke 5:15-16 *15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.*

Luke 6:12-16 *12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles:*

Luke 9:28-31 *28 About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray. 29 As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. 30 Two men, Moses and Elijah, appeared in glorious splendor, talking with Jesus. 31 They spoke about his departure, which he was about to bring to fulfillment at Jerusalem.*

Luke 22:39-42 *39 Jesus went out as usual to the Mount of Olives, and his disciples followed him. 40 On reaching the place, he said to them, "Pray that you will not fall into temptation." 41 He withdrew about a stone's throw beyond them, knelt down and prayed, 42 "Father, if you are willing, take this cup from me; yet not my will, but yours be done."*

Matthew 26:36-39 *36 Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." 37 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. 38 Then he said to them, "My soul is overwhelmed with sorrow to the point of*

death. Stay here and keep watch with me.” 39 Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

9. In which areas could you learn from Jesus by withdrawing in prayer?

B. Prioritizing regular rest in God

Matthew 11:28-30 *“Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”*

10. How can we enter the rest of the promise in Matthew 11:28?

11. Why is it important for the Christian to seek rest?

12. What can we do to ensure that our quiet time with God is both regular and deep?

13. How do we go about setting regular time to seek rest? Where does rest come in on our list of priorities?

Philippians 4:6,7 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

14. How does the above verse put together anxiety and the peace of God? Why is it so difficult sometimes to truly give something over in prayer to God?

15. How can you apply the lessons of prayer and rest to your life this week?
(Isaiah 26: 3)

Isaiah 26: 3 (KJV) 3 *Thou wilt keep him in perfect peace, Whose mind is stayed on thee: Because he trusteth in thee.*