

Discipleship Group SERIES QUESTIONS

Rhythms

Message Series

As we step into fall — back-to-school, full calendars, and the rush of a new season — it's easy to feel like life is moving faster than we can keep up. Most of us don't choose the rhythm we live in; we inherit it. But Scripture offers a different way. From creation, God designed life with rhythm: work and rest. Jesus invites us into that rhythm when He says, "Come to me... learn from me." This series will explore three rhythms we were made to live: Rest is how a life with God starts. Learning is how a life with God grows. Work is how a life with God is lived. These aren't seasons you visit — they're rhythms you live.

WEEK 1 Background

Rest is not the reward for a life well-lived. It is the rhythm God built into life from the very beginning. Before sin entered the world, before anyone had anything to rest from, God established a pattern of work and rest. He commanded Sabbath not as a burden, but as a gift — a reminder that we are not defined by what we produce. Jesus came and reclaimed rest, saying the Sabbath was made for us. In Him, we discover that true rest is not just stepping away from work — it is coming to the One who gives rest for the soul.



WEEK 1 Reading

Matthew 11:28-30, Genesis 2:1-3

Discipleship Questions

- What do we learn about God in this passage?
- What is God teaching the people in the passage?
- What is the Holy Spirit teaching you personally?
- What will you do with what God is teaching you?

WEEK 1 Questions

- What makes taking time to rest so difficult? If rest is so good, why do we resist it?
- What two qualities does Jesus say describe Him, and how do those qualities shape what it looks like to come to Him?
- Compare the burden Jesus describes with the burdens the world or our calendars place on us. What is different about what Jesus offers?
- According to Genesis what does God do with rest — and what does that tell us about whether rest was always intended to be part of human life?
- What does Genesis 2 reveal about why Jesus' invitation in Matthew 11 is not just a helpful suggestion, but a return to the way life was designed to be?

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