

Who Are You?

Finding the true you.



03/22/2020 "Get Some Rest"

1. What was most helpful out of Sunday's message?
2. Read Matthew 11:28-30. What is this passage referring to? Why is this concept so important to grasp?
3. Read John 5:16-17 aloud. What does Jesus refer to when he says, "My Father is always at work"?
4. Why did healing on a paralytic man on the Sabbath cause the Jewish religious leaders to begin persecuting Jesus? (cf. John 5:1-15)
5. Summarize each of Pastor John's three main points: 1) Remember to meditate; 2) Engage in Praise; and, 3) Make your move.
6. What does the act of Christian meditation look like? Consider Joshua 1:7-9 and Psalm 1:1-3.
7. When you think of the word "praise" what comes to mind? How would you define "praise" in a Christian context? (cf. Psalm 121.1-4)
8. How could you engage in praising God more? What impact could this have in your daily mood or outlook?
9. Ezekiel 11:19, 20 talks about following. When you think of your relationship with God, how can you become better at following him?
10. God is calling you to follow him more closely, to live a life based on the knowledge of who Jesus is. What do you feel God calling you to?
11. Read Psalm 118:1. Pick one word from this passage that stands out to you. Why did you pick this one word? What does it mean for you?
12. Take time as a group read Psalm 118:1 aloud. Then write it down. Make it your meditation this week. Memorize this passage.