



Guard your heart above all else, for it determines the course of your life. Proverbs 4:23 (NLT)

- The passions of our heart create the **actions** of our lives.

A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart. Luke 6:45 (NLT)

No, a true Jew is one whose heart is right with God. And true circumcision is not merely obeying the letter of the law; rather, it is a change of heart produced by the Spirit. And a person with a changed heart seeks praise from God, not from people. Romans 2:29 (NLT)

Man looks at the outward appearance, but the Lord looks at the heart. 1 Samuel 16:7b (NIV)

- We are stressed because we are so **busy**.

*It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. (Psalm 127:2 NLT)*

#### Real Rest:

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls, for my yoke is easy, and my burden is light." Matthew 11:28-30 (ESV)

- The burdens in life remind us of the **balance** we need.

#### A heart at rest:

- Maintain your **routine**.

And as was his custom, he (*Jesus*) went to the synagogue on the Sabbath day. Luke 4:16

- Manage your **emotions**.

"Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." Luke 10:41-42

- Remember the **Sabbath**.

So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. Hebrews 4:9-11 (ESV)

"The Sabbath was made for man, and not man for the Sabbath." Mark 2:27

Remember to observe the Sabbath day by keeping it holy. Exodus 20:8

- Conquer your **thoughts**.

...we take captive every thought to make it obedient to Christ. 2 Corinthians 10:5

With long life I will satisfy him, and show him my salvation. Psalm 91:16

...my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19 (NIV)

O Lord my God, I cried to you for help, and you have healed me. Psalm 30:2

For he (*God*) will command his angels concerning you to guard you in all your ways. Psalm 91:11

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Isaiah 26:3



## TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

### Questions that can be used in Connection Groups:

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- What is a desire of your heart that you see in the activity of your life?
- Do you believe that a changed heart is the inward sign of a surrendered life? Why?
- What does a heart at rest look like to you? How often do you experience true rest?
- Why are we so busy? Do you agree that we lack balance?
- Read out loud Matthew 11:28-30. What does it say to you?
- Do you believe that a routine helps our heart to remain at rest? Explain.
- How do our emotions prevent us from experiencing rest? What are some ways to keep our emotions in check?
- How does the Sabbath help us to experience rest? What does Sabbath mean? Is it just going to church for an hour?
- How do our thoughts sabotage our rest?

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A Heart at Rest

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