

According to Matthew 11:28-30 how will we find rest for our soul?

Rest can be found through certain spiritual disciplines or practices. Challenge yourself to incorporate these five practices into your routine this week.

- Silence- take a couple of moments each day to observe silence
- Sabbath – rest and trust God. Eliminate the things that separate you from God and others.
- Solitude- get away by yourself. Create space for just you and God
- Simplify- declutter your life and your schedule
- Slow down- deliberately slow down your pace

WRAP-UP

Jesus gave us the model of a revived life; to work, rest and reengage. When we feel weary and burdened, we must come to Him. Eliminate distractions and be fully present with God. When you do that, you will receive the rest only He can give. And it is after you receive that rest and are refueled that you can reengage and take up the yoke Jesus offer; one that is easy to bear and light to carry. Draw a circle around yourself and say, "Lord, let revival begin with me"

Memory Verse

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. - Matthew 11:28-30 NLT

PRAYER (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members' needs: _____

Challenge- Try Pastor David's slow down challenge; choose the longest line to stand in at the store and don't take out your phone while you wait but listen and see if God speaks to you there.

"An Uncommon Revival" "Practicing the Way" #5

INTRODUCTION

It may seem counterintuitive, but the situation we find ourselves in with the current stay at home orders, presents us with a unique opportunity for revival. If your image of revival is a packed-out auditorium or camp meeting, then you probably think this is pretty unlikely. But we need to consider what really constitutes revival. It primarily includes two things; either the improvement of a condition or when something becomes important once again. In light of those two definitions, we will find that we indeed have an opportunity for an uncommon revival to take place.

Ice Breaker (Optional—8 min)

Have you ever attended a revival meeting?

STUDY QUESTIONS (45 MIN)

1. Jesus Models Renewal

2 Corinthians 5:17 NLT - 17 This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

Jesus' purpose in coming to earth was to make us new, to redeem and restore us. Your identity in Christ began with the old life passing away and a new life beginning. As we follow Jesus, we are challenged to adopt the lifestyle of Jesus.

What kind of stress was Jesus under in Matthew 14:14-15?

Matthew 14:14-15 NLT - 14 Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them and healed their sick. 15 That evening the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away so they can go to the villages and buy food for themselves."

Jesus may have faced unique stress in His ministry, but we also face unique stress in the situation we now find ourselves in.

What are the unique stresses that the current situation has created in your life?

Jesus modeled a pattern, a rhythm, a lifestyle that allowed him to deal with the stress He was placed under.

Matthew 14:23 NLT - 23 After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.

After the stressful work of ministry, what did Jesus do next (Matt 14:23)? Being in your home under the current orders may mean you are surrounded by family 24/7. Have you been able to find a way to get apart and spend some time in rest and prayer by yourself? What are some ways you can create that space so that you can rest and refuel before reengaging with your work or your family? Have you been reluctant to take time alone for yourself? Try one of these; close your door and put on headphones with worship music, sit outside in the sun, take a drive, take a long walk.

Starting in Matthew 14:24 Jesus reengaged in ministry. He was able to be fully present because His was revived in His time apart. We cannot give what we do not have, so don't let yourself become drained. Refill your spiritual well so you can give to those who need you at this time.

2. Ruthless Elimination of Hurry

"Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry in your life." - Dallas Willard

There is a direct relationship between eliminating hurriedness and seeing revival in our lives. It begins as we commit to observe a period of rest or sabbath. When we rest, we allow God to fulfill His promises, show His faithfulness and be our provision. But if we are constantly busy doing everything for ourselves, we miss the opportunity to connect with God in what Pastor David referred to as "thin moments".

What are your "thin moments"; the times you are best able be fully in God's presence and hear from Him most clearly? How have you seen God's promises, faithfulness and provision in recent weeks?

The hurriedness in our lives can swallow up the opportunities we have for "thin moments". One culprit may be your phone. It can be a blessing to have a ready point of connection during these times of isolation, but if we become dependent on constantly reviewing

messages, feeds or games we may sacrifice the time we can be present with God.

Do you know how much time you spend on your phone each day? Is it more than you care to admit? What is the longest you have been without your phone in the past week?

Another area we may be neglecting during this time of isolation is our relationships with others. We have less opportunity to meet face to face with people while staying in our homes, but there are other ways to connect. The average church attender gathers only 1.4 times per month. You can still be part of the Church by viewing our online services weekly. Many of our groups and classes have overcome the challenge of social distancing through video platforms such as Zoom, Facetime, or Facebook Watch Parties.

Have you connected to New Life through any online platforms during this stay at home order? If not here are some ways to get connected again; You can view our weekly sermons at newlifepismo.com/live, or enjoy mid-week worship on Facebook and Youtube #newlifepismo. Use our social media to stay connected. You can find direct links here newlifepismo.com/social-media.

Your relationship with God and with others need not suffer while at home. If we have forgotten their importance, we should remind ourselves once again just how valuable they are.

Matthew 18:20 NLT - 20 For where two or three gather together as my followers, I am there among them."

One way to create a "thin moment" for God is by gathering together with other believers safely, online if necessary, but be sure to invite God into your midst.

3. New Way of Living

Matthew 11:28-30 NLT - 28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."

Many of us have allowed hurry and work to dominate our schedule leaving very little time for rest. But Jesus is our source of rest.