



SERMON DISCUSSION GUIDE

August 9, 2026

Pastor Patrick Conrad

Sermon Discussion Guide

Series: A Centered Life

Sermon: Rest

Recap the Highlights:

Rest...

- Originates as part of the created order
- Commanded as a divine **ordinance**
- A **model** that Jesus left us to follow

Why is it so important to rest?

1. Resting FROM work **renews** our body.
2. Resting IN Him **recharges** our soul.
 - a. **Recline** - "He makes me lie down in green pastures."
 - b. **Reflects** - "He leads me beside quiet waters."
 - c. **Restores** - "He restores my soul."
 - i. Re-create you **emotions**
 - ii. Renew your **thoughts**
3. Resting IN Him **Reminds** us of who we are not.
 - a. The sum total of what you **accomplish**.
 - b. The ultimate **provider**.

Now Dig Deeper:

1. Pastor talked about how many of us "live to work" instead of "working to live." Is this you? What is your perspective on this - especially after this message?
2. Discuss the difference in where we get our identity from? So many get a sense of identity from our jobs or job titles. Where else might we get our identity from? Where should we get it?
3. Jesus was intentional with his rest. He set boundaries. What does resting in God look like for you?
4. Pastor Patrick challenged us with the following action items:
 - a. Take a walk
 - b. Ponder on how much God loves you.
 - c. Clear your schedule - invite the Holy Spirit into a specific time that you set.
 - d. Ensure that your family has time to rest and that this becomes a rhythm.

Respond & Pray:

- Pray for time to specifically focus on God. Ask the Holy Spirit to speak to you during this time. Allow a quiet time to hear from Him (Pastor suggested 2-3 minutes of quiet time.)