

# STONEBRIDGE CHRISTIAN CHURCH



**Note to the Host:** *Thanks for leading your group, creating community, and caring for your people! Remember, this is your group, and you have the freedom to navigate the conversation that best fits your group's dynamic. People come first!*

## ICEBREAKER:

Get two blank cards or sheets of paper. On one side of the first sheet, write “stressed” and on the other side write “desserts.” On the other sheet, write “KOUR” and on the other side write “R-U-O-K”.

Hold up the “stressed” side first and ask, “What is ‘stressed’ spelled backwards?” Flip the sheet to reveal the answer.

Do the same for the second sheet, holding the “KOUR” side up first. Ask “What is ‘KOUR’ spelled backwards?” Flip the sheet and read it letter by letter. Then ask members to answer that question.

## TALK IT OVER:

*These questions are based off the sermon that took place on Sunday. Feel free to revisit any of the scripture that was discussed in the message. Answer as many questions as your time allows; don't feel pressed to get through them all!*

1. When it comes to some of the statistics Mark mentioned in his message, do you feel like you're in the majority or the minority when it comes to being stressed?
2. What are some “go-to” behaviors for you when you feel stressed or burned out?
3. Matthew 9 ends with an invitation to find those ready to follow Jesus. Matthew 10 ends with giving relief (“a cup of cold water”) both to those who've done the harvesting and to those who responded to the invitation. Read Matthew 11:28–30. How does Jesus's

call for his followers, new and old, to enter his rest tie these three chapters together?  
What do you think this “rest” might look like in the here and now?

4. Sometimes we may be afraid to answer questions about the specific tenets of what the church believes, whether about the Bible or about cultural or political issues. If you’re not theologically inclined or you dread political discussions, why not try answering this way: “I believe Jesus loves broken and hurting people and he wants to make them whole.” What kind of response do you think you’d get with that answer?
5. Read 1 Kings 19:1–6. What is Elijah’s state of mind in this passage? If you’re not familiar with the story, skim back through the preceding chapters to see some of the challenges Elijah had faced up to that point or listen to that part of Mark’s sermon. What did God provide for Elijah when he felt burned out? How might that have helped?
6. The word “Sabbath” means “rest” and comes from the Hebrew word for “seven.” Funny how God put his theology into our numbers, right? Read Exodus 20:8–10, which is part of the Ten Commandments. What does he ask his creation to do or not do on the Sabbath? What is his reason for asking that, and why is that reason significant (hint: see Genesis 2:2–3)? Why do you think so many others are mentioned in this commandment?
7. Mark said in his message: “God did not rest because he was tuckered out from the work he had been doing. He rested out of celebration of his work. He’d had a good week.” Read Ecclesiastes 2:24–25. What principle can we take away from Mark’s statement and this passage about dealing with our daily grind?
8. What are the consequences of not getting enough rest? What can you do to create more “rest” or to have a truly healthy “work-life” balance? Also, in Mark’s first message in the series, he talked about being genuine with others about how we’re feeling. Use this time with your small group to share with, encourage, and pray with one another to help facilitate a restful and rejuvenating experience.

## PRAYER:

*Please don’t stress about the time of prayer, pray however your group feels comfortable. This can either be one person pray, or you can go in a circle and have each person pray a few sentences. Be sure to change it up so your prayer time stays fresh in your group!*

- Make sure that everyone has a chance to share!
- Encourage all praise reports! Celebrate what God has done!
- Have someone record and distribute the requests to your group, to pray over throughout the week.

**Week #2, Chaos Dragons, April 14, 2024**