

WEEK FIVE:

MATTHEW 11:28-30

JOHN 7:37-39

Reflect

Use one or both questions for private reflection and choose one to begin meaningful conversation in your Life Group.

R1 Would you consider yourself a routine or rhythm-oriented person? Why or why not?

R2 What helps you feel most refreshed or recharged? In other words, what tends to fill you back up when you're drained?

Grow in the Word

These questions are designed to guide your personal study or center spiritual conversation in your Life Group. Move slowly, and don't feel pressure to cover every question.

Come and Drink

On the final and greatest day of a festival celebrating God's provision, Jesus stands and lifts his voice to invite the crowd to come to him and drink. He promises that rivers of living water will flow from within those who believe in him. John explains that Jesus was speaking about the Holy Spirit.

Read John 7:37-39

G1 Why is Jesus' invitation especially striking in the middle of this celebration? What does it reveal about the limits of even good or spiritual things to satisfy us?

G2 Jesus begins with thirst, not achievement. Where do you sense a deeper thirst or emptiness in your life right now?

G3 Where are you most tempted to look for life apart from Jesus, even in good things?

Come and Rest

Jesus invites those who are weary and burdened to come to him and find rest. He tells them to take his yoke and learn from him, painting a picture of walking with Jesus and learning his way of life.

Read Matthew 11:28-30

G4 When you think about following Jesus, does it tend to feel more like rest or pressure? Why?

G5 Jesus connects rest with taking his yoke and learning from him. How is that different from simply trying harder to be a better Christian?

G6 How can spiritual practices become another form of performance? How could they instead help us learn the pace and way of Jesus?

Practice Together

Spiritual rhythms and disciplines aren't tasks we perform to prove ourselves to God or to others. They are practices that help us come to Jesus, receive from Him, and learn his way of life.

Ask God for ears to hear, and take a few moments to reflect:

P1 Where are you most thirsty or weary right now? Which spiritual practice might help you intentionally make room for Jesus there this week?

Choose one spiritual practice to intentionally make space for this week. It could be prayer, Scripture, Sabbath rest, silence and solitude, fasting, generosity, or feasting. Be specific about when and how you will practice it.

Share your response with the group and pray for one another.
