Questions for Discussion/Reflection

*COVID-19 Note: This is a unique but important time to stay connected. Consider calling a friend, setting up a Zoom call with a couple people, or using these questions at the dinner table to discuss the sermon. Contact Pastor Elyse (elysea@lifespringchurch.org) for detailed Zoom instructions.

Sermon Outline
What is preventing you from finding rest?
Two keys to finding rest in the storm:
1. See the storm for what it is
   • It is externally evil
   • It internally stirs up our deepest fears
2. See Jesus for who he is
   • We need to begin fearing Jesus more than the storm

Sermon Discussion Questions
• (Ice breaker) Recall a (literal) storm you experienced. Share the story with the group.
• During this “Stay at Home” period, have you found your life to be busier or slower (or a combination of both)?
• Scott defined rest as: “The ability to unsolder ourselves from the weight of work & the brokenness of the world in a way that we are restored ad ready to head out into whatever God has for us next.” What word or phrase stands out to you from this definition?
• How did you find pockets of rest before COVID-19? Do these things still bring your rest? Have you found new ways to find rest in this unique time?
• What is preventing you from rest?
• Click here to look at the Rembrandt painting of this scene from Scripture: https://g.co/arts/JZgcWorp1XAnV3qa6 Who do you relate to in this painting? Why?
• Scott gave an example from his own life of how a storm can stir up mire and mud from our past (people leaving the church). Can you relate? Is God stirring up anything for you currently?
• What does it look like to fear Jesus more than the storm? Discuss the concept of fearing Jesus.
• Any other points from the sermon your group would like to discuss.