



Rest For Your Soul || Balance is a Myth

Group Notes

INTRODUCTION

Balance is a myth. It is also boring. Perfect balance is a dull hum, while beautiful music is the tension of sounds coming from a variety of sources. Seasons are not balanced. Life is not balanced. God made all things to work in a harmonious tension. The key to rest is learning to relax in the tension. This is the way of Jesus.

CONVERSATION STARTERS

1. What is your favorite type of music?
2. What is your idea of a truly relaxing vacation?

SERMON NOTES REVIEW

Looking back at your message notes from this weekend's teaching, was there anything that caught your attention, challenged you, or confused you?

WATCH THE VIDEO

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GROUP DISCUSSION

1. How do you know when you have personally fallen out of rhythm?
2. What are some indicators that you have not rested well? How would a spouse or a good friend recognize that you are in need of more rest?
3. Read [Ecclesiastes 3:1-8](#). What lessons can we learn from the seasons mentioned in the passage?
4. What season are you in right now?
5. Read [Matthew 8:23-27](#). What did Jesus model for us by resting in the middle of a storm? Share a time in your life when you acted like the disciples in the middle of a storm.
6. What is the rhythm of your life? Currently, what is missing in that rhythm?
7. Look at your calendar and answer the following: What change do you need to make to create a consistent rhythm of rest?

PRAYER

Go around your group and ask for prayer requests. As a group, spend time praying over those needs and ask the Holy Spirit to show you a way to rest in the middle of the storms in your life.

ANNOUNCEMENTS

- Summer break is coming up! Begin thinking about putting a group hangout on the calendar to stay connected.