



The Medicine Cabinet: Week 2 — “Go to Bed”

CONNECT: Do you consider yourself to be a good sleeper or a bad sleeper? How easy or hard is it for you to take a nap?

GROW:

1. Are you prone to worry? What types of things occupy your mind as you try to go to bed?
2. During the sermon, Jon talked about rhythms of rest. Which of the following rhythms have you already established, and which ones do you need to work on?
 - a. Divert Daily
 - b. Withdraw Weekly
 - c. Abandon Annually
3. What types of distractions keep you from having a healthy rhythm of rest?
Excessive extracurricular activities, work, chores, entertainment, etc.?
4. **Read Matthew 11:28.** What comes to mind when you read this verse?
 - a. Do you naturally associate faith with rest? Why or why not?
 - b. How much does this verse resonate with your current season of life?
5. **Read Psalm 23.** This is a familiar passage read during times of trouble.
 - a. The passage points to dark valleys and the presence of enemies. Why would it also say that the Lord makes us lie down in green pastures?
 - b. What does the overall tone of this passage say about who God is in our lives and His intentions for us?
 - c. **Read Mark 4:35-41.** In what ways does this passage reflect the tone of Psalm 23?

PRAY: Father, teach me your ways. Lift from me the burdens that you never intended me to carry. Grant me the rest that I may not even be aware that I need. Help me to not overcomplicate what you expect of me. Teach me a better way.

NEXT: Examine your daily and weekly schedules. What needs to go, and what do you need to make time for? Identify key changes you need to make and share them with your group or accountability partner.