



SERMON DISCUSSION PARTICIPANT'S GUIDE

Rest | Kyle Richter | November 2, 2025

Experiments Review

- How did it go? What was challenging?
- What did you learn? About yourself and about God?
- What would you like to incorporate into your life going forward?

Sermon Discussion

1. What makes stopping to rest hard? What are we afraid might happen if we do?

Read the following quotes:

Dallas Willard

"Hurry is the great enemy of spiritual life in our day."

Rich Villodas

"Our souls were not created for the kind of speed to which we've grown accustomed. We are a people out of rhythm, with too much to do and not enough time to do it."

John Mark Comer

"Hurry and love are incompatible. Love always takes time."

2. What is all this hurrying doing to us? How do you see the effects of a lack of resting in our culture? In our churches? In our lives?

Read:

Exodus 20:8-10a

⁸ "Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the Lord your God.

3. What difference does it make to think of rest as a command rather than a suggestion?



Read:

Matthew 11:28-30

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Psalm 23:1-3

¹ The Lord is my shepherd, I lack nothing.

² He makes me lie down in green pastures,
he leads me beside quiet waters,

³ he refreshes my soul.

He guides me along the right paths
for his name's sake.

4. We aren't always good at resting in ways that actually renew us. What kind of rest can that be for you?
5. What kind of rest lightens our burdens and refreshes our souls?

Read:

Luke 10:38-42

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" ⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

6. What would it look like for us to prioritize "the better" this week?

Sharing and Prayer

- Pray as a group.
- **Silent Confession:** Have everyone confess silently for the ways we have refused to rest.
- **Closing Intercession:** Close with a prayer asking God to teach us to rest, to trust God with our limits, and to experience more of the peace, love, and joy that he created us for.



What to practice for next time...

- The week of 11/2- Rest
- The week of 11/9- Simplicity

To access a digital copy of the experiments, use this QR code.

