

PART 3: Irresistible Invitation

DATE: 05-21-2023

START

We can balance rest and work to the best of our ability, but even in doing so we can still feel exhausted. Maybe you took a few days off and took a step back, but you still felt exhausted with the thought of getting back to the “grind”.

- When have you taken time off, but still felt exhausted?
- How can we determine if there is something else driving our restlessness?

READ

[Matthew 11:28-29](#) (NIV)

“Come to me, all you who are weary and burdened, and I will give you rest. 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.

THINK

When we rest yet still feel exhausted we have to come face to face with what is driving our restlessness. We talked about three things that can drive restlessness; discontentment, a distorted view of who God is, and what we are finding our purpose in.

- When has discontentment driven your restlessness?
- How does our image of God shape how we live our lives in rest or exhaustion?
- Where do you look to find your purpose in life?
- What are some other things that can drive our restlessness?

PRAY

“God, help me come face to face with what is driving my restlessness, and help me to refocus on who you are and who you say I am.”

ACT

This week, make a list of things you can find contentment in. Along with that, make a list of qualities you believe represent who God is and see if those qualities are revealed about Him in scripture.

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