

## Week of 10.10.21

- Read the passage from Sunday together (Genesis 2:1-3)
  
- Offer a time to discuss the sermon together.
  - Do you struggle with the idea of creating rhythms of rest?
  
  - Can you think of ways that you can grow in taking intentional rest?
  
  - Giorgio pointed out that God rested before the fall. Discuss how this is setting an example for us.
  
  - Spend time together sharing how you are going to intentionally look for ways to have more intentionality with rest this week. Can your small group help hold you accountable to that?
  
- Chapters 10 and 11
  - Why do we sometimes struggle with this idea of loving Jesus more than others? Or vice versa, why do we struggle with the idea that Jesus loves us more than others do?
  
  - At the bottom of page 96, the author talks about how “spiritual beauty of which every other beauty is a shadow or echo”. Talk about this idea.
  
  - Now compare those thoughts to later in the chapter where the author presents the idea that we are drawn to Jesus because of his spiritual beauty. (Pg. 98 “We are drawn to God by...”). Do you agree? Discuss why or why not.
  
  - Pg. 99 challenges the reader to spend time resting in the beauty of Jesus. Discuss what that can look like when partnered with the challenge from

this week's sermon on taking intentional rhythms of rest.

- The author mentions that Christ, being fully human, knows human emotion. Where in Scripture do you see the emotions of Christ? (some examples on pg. 106)
- Our book talks about how Jesus would be morally wrong if he *didn't* get angry at times in His life. Read the quote on page 108 "It would be impossible..." Does this quote help you to balance Jesus' compassion and anger?
- How can we find security in Jesus' wrath?
- Spend time in prayer that you will create moments of intentional rest this week looking at the beauty of Jesus. Pray that you find confidence in Jesus fighting evil for you.