


## “Plan to Do Something”

Remember: The goal of small group is 100% participation . . . to hear from everyone. Choose the questions you think your group will respond to, but center them around the Bible by using the questions marked “”






### Open It:

- When was the last time you took a truly restful break? What did you do?
- If you could spend one day anywhere, doing anything, with no responsibilities, what would it be?
- Which do you find harder—slowing down or getting started—and why?

### Read It:

- Mark 1:35-38
- 2 Peter 1:3-9

### Explore It:

- What keeps most people from resting well? Do you think it's our inner drive to achieve, time constraints, or something else completely?
-  In Matthew 8, why do you think Jesus was able to sleep during the storm while the disciples panicked?
- How does Jesus' practice of rest challenge the idea that constant activity equals productivity?
-  In Mark 1:35-38, why do you think Jesus chose to leave with real needs still unmet? What does this teach us?
- How does our culture's definition of productivity differ from the biblical one?
-  According to 2 Peter 1:3-4, it's confirmed that Jesus' power, Jesus' promises, and our participation are all essential to becoming like Jesus. What keeps you from surrendering and choosing to participate with Jesus?



2 Peter 1:5-7 lists qualities to add to our faith. How does this differ from a typical “to-do” list?



What does 2 Peter 1:8 say will keep us from being ineffective and unproductive in our knowledge of Jesus?

- Do you agree with the statement: “Busyness can be the enemy of godliness”? Why or why not?
- How do these Christ-like virtues (goodness, knowledge, self-control, perseverance, godliness, mutual affection, love) connect with rest?
- What does Dallas Willard’s quote (“What would Jesus do if He were me?”) mean to you personally?
- Which of these three practices comes most naturally to you: humbly worship, joyfully delight, or experience community? Which is hardest?
- How can worship help reshape our identity from “what I do” to “who I am in Christ”?
- In what ways might prioritizing rest require countercultural decisions?

## Do It:

- What’s one specific step you can take this week to protect a block of time for rest?
- Which Christ-like virtue from 2 Peter 1:5-7 do you most need to grow in right now?
- How can you surrender your busyness and better steward your schedule?
- What will you choose to do in your rest time that will cultivate godliness?
- Who can help you stay accountable to practicing healthy, godly rest?
- How can you incorporate both solitude and community into your rhythms of rest?