

CORNERSTONE

DISCIPLESHIP

GROUPS

BELIEVE, RECEIVE, REST, part 3

Sunday, October 19, 2025

Pastor Jamie Burns

HOUSEKEEPING & ANNOUNCEMENTS



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<https://linktr.ee/cornerstonejc>

- October is Pastor Appreciation month!
- Men's Breakfast is November 8.

OPENING PRAYER

Begin the session with a prayer, asking God to open hearts and minds to His word and to guide the discussion.

RECAP LAST WEEK

KEY TAKEAWAYS

1. After we have believed and received in Faith, then we enter His rest.
2. God desires for us to have perfect and absolute peace (Isaiah 26:3).
3. Jesus is our Sabbath and the source of our rest. (Hebrews 4:8-12)
4. God's rest is supernatural. This is not inactivity, but spirit led activity.
5. We are seated with Christ in heavenly places (Ephesians 2:6-7).

6. Spiritual warfare is about resting in Christ's finished work, not fighting battles He's already won

DISCUSSION QUESTIONS

1. How does the idea of "perfect peace" (Isaiah 26:3) challenge your current understanding of peace? What might it look like in your daily life?
2. Pastor Jamie mentioned the difference between being Martha (busy) and Mary (sitting at Jesus' feet). Which do you relate to more? How can you cultivate a "Mary" attitude in your busy life?
3. Discuss the concept of Jesus as our Sabbath. How does this change your view of rest?
4. Pastor Jamie mentioned that rest is not inactivity but "spirit-led activity." What does this mean to you practically? Can you share an example from your own life?
5. How does understanding that we are "seated with Christ in heavenly places" impact your approach to daily challenges and spiritual growth?
6. Pastor Jamie presented a different perspective on spiritual warfare - resting in Christ's finished work rather than fighting. How does this shift your understanding of dealing with spiritual challenges?

CALL TO ACTION

1. Practice "casting your cares" on God this week. Identify one worry or concern and intentionally give it to God in prayer.
2. Set aside 10-15 minutes each day this week for "rest" - not necessarily physical rest, but time to focus on God's presence and peace.
3. When faced with a challenge this week, pause and remind yourself that you are "seated with Christ." How does this perspective change your response?
4. Choose a verse about God's peace or rest (e.g., Isaiah 26:3, Matthew 11:28-30) to memorize and meditate on throughout the week.
5. Reflect on areas of your life where you might be striving in your own strength. How can you apply the principle of "resting in God's finished work" to these areas?

CLOSING PRAYER

End the session by thanking God for His peace and rest, asking for His help to live out these truths in the coming week.

Spend some time thanking God for all He is doing in our weekly services and praying for the people in our services to receive all that God has for them.