



Discussion Guide: Legacy – Marks of a Faithful Church | Discipleship

Begin with prayer

5 min

Check In

20-30 min

Spend a few minutes catching up on life with one another.

- Fruit: what has been bringing you joy lately?
- Thorn: what have you been struggling with lately?
- Vine: how have you seen or been connecting with God lately?
- Bud: what are you looking forward to?

Discuss this week's practice

5-10 min

- Is Lent something that you observed growing up? How about Sabbath? If so, what was your experience with Sabbath or Lent like?
- The Sabbath is a 24-hour day of resting in the Lord. What will you need to get done throughout the week to prepare for an entire day of rest (make groceries, do laundry, etc.)?

Discuss this week's sermon

10-15 min

- This week's sermon was about experiencing God's rest. How would you describe rest? What was the most restful season of your life?
- Mark said that the first impression Adam and Eve got of God was that He was at rest. What was your first impression of God? What was your initial understanding of what God wanted for your life? How has that changed?

Open your bibles together

25-30 min

- Read Matt. 11:28-30
- Jesus tells us that we have to learn from Him to receive rest. What has God taught you about rest? How is that different from what the world teaches us about rest?
- What does it mean for you to take the 'yoke' of Christ in your life?



- Read 1 King 19:11-13
- God asks Elijah where he is, just like He asked Adam and Eve where they were when they sought fulfillment outside of His presence. What have you been chasing that's lead you down the path that you are on today?
- On Sunday, Mark talked about how Elijah was like an uncharged cellphone. He had been doing so much *for* God and had not taken time to spend *with* God, that he had gotten to burnt out. How do we fall into the trap of doing *for* God and not spending time *with* Him?
- Describe a time when you sought God or His rest in places, only to find that He wasn't there.
- Read Matt. 16:24-25 (preferably in the MSG version)
- What has "taking up your cross" looked like lately?
- How do we get out of the driver's seat and let Jesus take the lead in our lives?

Prayer for one another

10 min

- Encourage the person who's assigned over prayer request to get them at this time

Talk about the coming week's practice

5 min

1. Make sure that everyone knows where to find the practice guide on the website.