



SUMMER LIFE GROUP GUIDE

REFLECT ON THE PAST YEAR • REFRAME FOR THE SUMMER

REFRESH IN THE LORD: CELEBRATE & SABBATH

REFLECT

What was difficult/challenging this past semester?

What brought you joy?

How did you see God at work in your life and in others' lives?

REFRAME

Before you begin reframing your goals and/or expectations, spend some time in prayer and ask the Holy Spirit to reveal the things that He desires for you this summer.

*"Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any grievous way in me, and lead me in the way everlasting!"*

PSALM 139:23-24

How can you be refreshed in the Lord this summer?

What can you stop doing?

What areas is He wanting you to grow, change, and/or develop?

What would help you abide more fully in Christ?

REFRESH: CELEBRATE & SABBATH

In what ways are you feeling God's delight and pleasure in your life?

What are some things that you would like to do to find rest and delight in God this summer—daily, weekly, and monthly?

What are some memories that you would like to make with family/friends this summer? How can you celebrate and rest in God?

EXAMPLES:

Craft your own Prayer Experience/soul care retreat

Read a book

Pick a topic to study in the Bible

Marked Moment/memories to make:

- Plan a day trip to the beach
- Game night with everyone's favorite snacks
- Progressive Dinner: Choose 4 member's houses to visit. Each "house" will provide a different part of the dinner. Everyone carools to each location for that portion of the dinner. You can play a game at each house as well.
- Mini Golf at Blackbeard's

RESOURCES:

Books:

[Where Prayer Becomes Real](#) by Kyle Strobel and John Coe
[Sacred Rest](#) by Sandra Dalton-Smith
[Gentle and Lowly](#) by Dane Ortlund
[Practicing the Presence of God](#) by Brother Lawrence
[In the Name of Jesus](#) by Henri Nouwen
[Ruthless Elimination of Hurry](#) by John Mark Comer
[Emotionally Healthy Spirituality](#) by Pete Scazzero
[Strengthening the Soul of Leadership](#) by Ruth Haley Barton
[Sabbath](#) by Wayne Mueller

Podcasts:

Rule of Life Podcast with Sabbath Companion Guide
Spaciousness: Avoiding the Traps that Steal our Margin Podcast Episode (Pete Scazzero)
Gift of Rest by The Bible Project (13 minutes)

Music Playlist/Worship Artists:

Alabaster Co.
Worship in the Word by Shane & Shane
Hymn of Heaven by Phil Wickham

Articles:

[The Power of Deep Rest](#) by Tim Keller
[Making Space for Sabbath Rest](#) by Jeff Vanderstelt
[What is Sabbath in the Bible and Should Christians Observe It?](#) by The Bible Project

Study Topic:

Theology of Rest
Sabbath Biblical Theme by The Bible Project
A Theology of Rest: Sabbath Principles for Ministry by Christian Education Journal: Research on Educational Ministry

Summer Equipping Classes (June 20th-July 18th--no class July 4th):

- 1) When Helping Hurts; 2) How to Study the Bible; 3) Embracing the Gospel Over Time; 4) Practicing the Sabbath;
- 5) Grief Care; 6) Racial Reconciliation & Immigration; 7) Intentionally Pursuing Community;
- 8) Defending & Sharing the Christian Faith

PRAYER EXPERIENCE

PSALM 23

The Lord Is My Shepherd • A Psalm of David

“The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.”

OFFER YOURSELF TO GOD (5 MINUTES)

Be still before the Lord and offer yourself to Him. Commit this time to seeking Him. Allow yourself to settle into a posture of humility and openness to Him. Ask the Holy Spirit to guide your heart and mind during this time.

READ PSALM (5 MINUTES)

Slowly read the passage a few times, taking note of words or phrases that catch your attention. Try reading the Psalm in a few different translations. If helpful, read the passage aloud.

OBSERVE (5 MINUTES)

What stood out to you in this Psalm? Write down the words and/or phrases that caught your attention. What else did you notice?

REFLECT (5 MINUTES)

Where did your mind/heart go? What thoughts or emotions surfaced as you read it? How did you notice God in this passage? Who came to mind?

YIELD (5 MINUTES)

After reading, reflecting, and meditating on Psalm 23, spend some time listening to the Lord. Continue to keep an open posture to the Spirit, allowing Him to encourage you, convict you, and remind you of God’s character.

RESPOND

How is God calling you to respond in light of Psalm 23 and your time spent with Him?

PRAYER EXPERIENCE

MATTHEW 11:28-30

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

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LIFE GROUP GUIDE: WEEKLY DISCUSSION

OPENING QUESTION/PRACTICE:

How have you embraced the gospel with your family, neighbors, or coworkers this week?

What's one thing from last weekend's sermon that you hope we discuss as a group?

What's one way you felt encouraged in your relationship with God last week? What is one way you felt stuck, or are struggling?

FOLLOW UP QUESTION FROM LAST WEEK'S GUIDE:

How did last week's teaching/passage/discussion influence how you walked with Jesus this past week?

WEEKLY QUESTIONS:

What stood out to you from the passage or teaching this week? How are you being challenged or encouraged in God's Word this week?

Where did you see God at work in your life or in others' lives this week?

How can you celebrate the work of God this week?

What does rest look like for you this week?

How can our group pray for you this week?

CLOSING CHALLENGE:

Set aside a few minutes to sit with the Lord and praise Him for His love, mercy, grace, and faithfulness. Ask yourself, "What relationship or circumstance in my life right now is challenging how I think about God?" Share this with the Lord. Ask Him to remind you of His character—He is faithful, good, and trustworthy. In what ways can you meditate on God's character this week and allow His character to shape how you are processing and viewing your relationships/circumstances?