



# HEART

Sermon Series



## Companion Discussion Guide

Page 1

### Rest

**Read: 1 Samuel 30:1- 31**

Who wouldn't want more rest? There aren't too many of us who feel like we get too much. The pace of life and the trying circumstances that fill it leave many of us feeling overwhelmed and defeated. Yet, rest is exactly what God desires to give.

Look at Psalm 23. It is a picture of the rest God desires to give. Look at some of the words found there. "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul...I will fear no evil, for you are with me; your rod and your staff, they comfort me...You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever." It's clear; the psalm reveals God's heart for each of us and His desire to lead us to a place of victory and rest.

Though David was a mighty man, it wasn't his fighting skills that made him special; it was his heart. He was a man after God's own heart. Yet, as anointed as he was as a leader and as a worshipper, David faced trials and enemies that left him anguished and empty. He was often a man in need of rest and the Lord was continually faithful to provide Him with strength and rest.

In the same way, the Lord desires to lead us to green pastures and quiet waters. He desires to overflow our cups and cause His love and goodness to follow us all the days of our lives. However, the journey to that place of rest can be difficult and the challenge for us is to learn to recognize the Enemy in our lives, to find strength from the Lord in prayer and retrieve what the Enemy has sought to take from us. It is in that place, in that victory, we will find rest.

**Starter question:** What is something you have done that has left you feeling exhausted?



# HEART

## Sermon Series



## Companion Discussion Guide

Page 2

### Discussion Questions:

1. Look at the following passages that speak about rest. Which one or ones stand out to you and why? What do the passages tell us about rest? What do they tell us about God's understanding of our need for rest?

- Deuteronomy 12:10 - *But you will cross the Jordan and settle in the land the LORD your God is giving you as an inheritance, and He will give you rest from all your enemies around you so that you will live in safety.*
- Joshua 21:44 - *The LORD gave them rest on every side, just as He had sworn to their ancestors. Not one of their enemies withstood them; the LORD gave all their enemies into their hands.*
- Psalm 62:1 - *Truly my soul finds rest in God; my salvation comes from Him.*
- Psalm 62:5 - *Yes, my soul, find rest in God; my hope comes from Him.*
- Psalm 91:1 - *Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.*
- Matthew 11:28-29 - *Come to me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*
- Mark 6:31 - *Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, "Come with Me by yourselves to a quiet place and get some rest."*

2. Look at 2 Samuel 7:1. The passage describes the Lord giving David rest "from all his enemies around him." 2 Samuel 8:12 identifies those enemies as the nations of "Edom and Moab, the Ammonites and the Philistines, and Amalek." What enemies do you have in your life right now; enemies that you need rest from? Don't think simply in terms of people. You might identify your enemies as including regret, busyness, and/or destructive habits. Take a few moments to think about your enemies and share what the Lord reveals to you.



# HEART

## Sermon Series



### Companion Discussion Guide

Page 3

3. In his message, Nate focused in on the Amalekites, and described them as being known for doing three things:

a.) Wearing their enemies down. b.) Targeting the vulnerable. c) Stealing the harvest just before it was ready to be gathered.

This is spiritual attack. Have you experienced it? Consider and respond to these questions:

- Have you felt worn down, spiritually exhausted?  
What was it like and what caused it?
- Have you felt targeted when you felt spiritually vulnerable?
- Have you had to deal with a harvest in your life being stolen just as it looked ready to be gathered?  
What happened and how did it effect you?

4. Look at Exodus 17:10-13. The passage describes Aaron and Hur holding up Moses' hands as Joshua and the Israelites were battling the Amalekites. Who has helped to hold up your hands in the midst of spiritual battles in your life? Whose hands have you helped to hold up? Did you see victory? Explain.

5. Nate described the Exodus 17 story as one in which prayer, Moses' prayer, won the battle. He further described the need to "pray through" circumstances to the point that God floods your soul with peace and rest. Have you had an experience like that? How difficult was it to pray through the battle? What tries to get in the way of "praying through?"

6. In looking at the 1 Samuel 30 passage Nate described the strategy for battling the Amalakites in our life as – being prayer, finding strength in the Lord (1 Samuel 30:6) and then pursue, taking back that which was lost as God restores. What does it mean to find strength in the Lord and why is it necessary? If applicable, relate your answer back to the Exodus 17 passage. What took place in the story once David found strength in the Lord?



# HEART

Sermon Series



## Companion Discussion Guide

Page 4

7. What did pursuit of his enemies look like for David? What could pursuit of your enemies look like in your life? Why is it important to pray before pursuing?

8. Clearly, the rest David received in 2 Samuel 7:1 didn't come easily. Rest came after prayer, praise, and pursuit with the readiness to fight. Yet, we can't forget that God fights on our behalf and we have authority in Jesus that we must use against our enemies and the Enemy. Look at the enemy(s) you described above in question 1. How could God give you rest from your enemy(s)? Describe what rest would look like in your life.

**Living it Out** – See if you can complete the following statements.

I choose to trust God today, despite the presence of enemies in my life because...

I will confess the need in my life to have others help "hold up my hands in prayer" or I commit to be the one who actively helps to hold up the hands of another because...

I acknowledge that I have likely often sought to find strength in something other than the Lord. But today I commit to find strength in Him for...

I understand that David found peace and rest from God through prayer, praise, and pursuit, and this week, with God's help, I commit to...

**Closing Prayer:** Take time to pray for one another and together commit to pray and pursue what the Enemy has stolen from you and/or those you love in order to receive God's rest.