



## Study Guide

# Refreshed Study Guide

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## Series Overview

God wants His people to find rest, refreshment, and rejoicing in the Lord. This series will help us learn how to refresh, refocus, and rejoice in the Lord.

## Using This Guide

You may choose to use this guide:

- for personal study and reflection
- as a discussion guide with any group of people interested in finding rest and refreshment in the Lord

last update = 7Jun2017

# 1 – Refresh

## Icebreaker: Built for Two

What is the advantage of a yoke built for two?



## Questions for Study or Discussion

- We can think of Jesus' yoke for us as His teaching and our allegiance to Him. How can this result in a sense of peace [[Mat 11:28-29](#)]?
- What makes His burden light [[Mat 11:30](#)]?
- The Sabbath commemorates Yahweh's rest on the seventh day [[Exo 20:8-11](#) and [Gen 2:2](#)]. How can observing a regular rest period connect us to God?
- For rest, how are Christ-followers different from those who don't know Christ [[Isa 40:28-31](#)]?
- According to [Psalm 93](#), what about God makes it possible for us to have rest and refreshment?
- What are some ideas for establishing a healthy rhythm for rest?

## Dig a Little Deeper

Rest does not come naturally to many of us. We don't realize that Jesus is our Sabbath rest. To rest, we must relax our grip on our own lives and give them over to Christ ([Heb 3:7-4:11](#) and [1Pet 5:7](#)). The following things interfere with our ability to rest:

- ▶ anger, resentment
- ▶ sin
- ▶ fear, anxiety

To put aside those weights ([Heb 12:1-2](#)), try these:

- Think about things that are true, pleasing, and worthy of praise ([Php 4:6-8](#)).
- Confess your sins to Him and embrace His forgiveness ([1John 1:9](#)).
- Think about Christ and how you will be with Him ([Col 3:1-4](#) and [2Cor 4:17-18](#)).

## Application Exercise

Times of refreshing come from the presence of God. Select a time to get some rest by focusing on an aspect of God.

For example, you could focus on one of these:

<i>God the Creator</i>	<i>God the Redeemer</i>
<ul style="list-style-type: none"><li>● Interact with nature in some way: walk, hike, cycle, or garden.</li><li>● Observe nature: photograph, paint, draw, or watch.</li><li>● Ponder on creation: stargaze, read, or write.</li><li>● Praise God for creation.</li></ul>	<ul style="list-style-type: none"><li>● Turn off all your electronic devices. Think about the price He paid to save you.</li><li>● Set aside work and worries. Reflect on the contentment you feel as God's child.</li><li>● Be still.</li><li>● Praise Him for salvation.</li></ul>

## 2 – Refocus

### Icebreaker: Reboot

Compare rebooting a computer to rebooting yourself.

*Chaos reigns within.  
Reflect, repent, reboot.  
Order shall return.  
-Suzie Wagner*

### Questions for Study or Discussion

- When we initially repent, what rewards do we receive?

**Acts 3:19**

**Acts 2:38**

**Rom 8:15-16**

**1Cor 12:13-14**

- In what way does **Matthew 3:8** suggest that repentance is a continuing process?
- What kinds of things can happen in your life to require a reboot (**Gal 5:16-25**)?
- What can you do to refocus your life on Christ (**Luke 11:34**)?

## Dig a Little Deeper

If you've lost focus, here are some things that can help you refocus.

Examine your ways.	<a href="#">Lam 3:40</a>
Acknowledge your sin.	<a href="#">Psa 51:3</a>
Be sorry that you disappointed God.	<a href="#">Psa 38:18</a>
Repent.	<a href="#">Rev 3:19</a>

## Application Exercise

Ask God to help you see anything that is interfering with your relationship with Him. Use the suggestions in "Refocus" to help you return to a close relationship with Him.

# 3 – Rejoice

## Icebreaker: Rejoice in the Lord

<https://www.youtube.com/watch?v=GHHkLn-tMog>

Sing or listen to some songs of rejoicing such as the one in this link.

## Questions for Study or Discussion

- What is your reason for rejoicing in the Lord ([Isa 61.10](#))?
- Where can you find the fullness of joy ([Psa 16.11](#))?
- What did Jesus give us that our joy may be full ([John 15.11](#))?
- How does it affect you when you do what God wants you to do when He wants you to do it ([Psa 40.8](#))?
- What are some ways to set up a memory marker so we don't forget what God has done ([1Sam 7.12](#))? How can remembering what God has done stimulate rejoicing?
- In what ways has rejoicing in the Lord motivated changes in your life?

## Dig a Little Deeper

Reflect on these verses:

**1Thessalonians 5:16, Philipians 4:4, Psalm 118.24**

### Application Exercise

Take this Serving with Joy Questionnaire.

<i>To what degree are these statements true for you?</i>	<i>not at all - somewhat - absolutely</i>
1-I am aware of my spiritual gifts.	1 - 2 - 3 - 4 - 5
2-Where I'm serving is a good match for my spiritual gifts.	1 - 2 - 3 - 4 - 5
3-Through prayer and paying attention to God's leading, I believe I am serving where He wants me to serve.	1 - 2 - 3 - 4 - 5
4-Serving God as I do now, fills me with joy.	1 - 2 - 3 - 4 - 5

1. If you are unclear on your spiritual gifts, the Next Step - **Discover** class can help. Look on our Event Calendar for the next session. <http://visitgracechurch.com/events/>
2. If where you are serving is not a good match, pray. Ask God to guide you to the ministry where He wants you to serve. Begin exploring ministry opportunities.
3. If you are unclear where God wants you to serve, ask others to pray with you. Try small roles in several ministries.
4. If you are not experiencing joy in serving, spend time in God's Word for refreshment. Continue to seek His guidance. Consider taking a short break from your current ministry. Explore other serving opportunities.