

InteGRITy Part 2

Integrity in Work & Rest

Week of 10.30.16 | Talk It Over Discussion Guide



Talking through the message during the week and in the Life Group context helps you turn what God is saying to you into action steps. These discussion points, questions, and scriptures are designed to help you take the next step. If you're leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

Watch Part 2 on New Life's YouTube Channel.

Opener: Describe your work life. Briefly, what are the joys and challenges you face?

Read Mark 6:30-32; 1 Thessalonians 5:23-24; Matthew 11:28-30; Psalm 26:11

1. What do you think it was like for the disciples to report their actions and their words to Jesus?
2. Integrity will invite inspection. In what ways can we regularly present our lives before Christ? What holds us back from doing this? What are the "gains" from doing this?
3. True rest comes through our connection with Christ. How do you strengthen your connection with God? Can you identify any areas that bring a "disconnect"?
4. God wants to partner with you in your health and healing. What practical steps have you made in the past or will be making in the future to foster well-being and health in your body, soul and spirit?
5. If you're tired, learn to rest and not to quit. What's the difference between resting and quitting?

Prayer Response Have a time of prayer ministry in response to what was shared in the discussion.

Don't let the conversation stop here. Keep Talking It Over online. Twitter/Instagram: @NewLifeNovato | Facebook: www.facebook.com/newlifemarin