

# SHELTER IN GRACE



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Valley Church

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Finding Refuge in Rest

Matthew 11:28-30

**I don't know what kind of unrest you're dealing with today. But I know it can come in various forms. Perhaps you're experiencing...**

**Relational Unrest** – the kind of turmoil in which one or more significant people in your life are at odds with you, and you are growing weary, angry, or frustrated.

**Financial Unrest** – the type of strife that keeps you tossing and turning at night, wondering how you'll pay the bills, much less get ahead for the future.

**Mental or Emotional Unrest** – the feeling like you're about to lose control because of fear, anxiety, depression or some other invisible enemy.

**Spiritual Unrest** – the insecurity you face when you just aren't able to believe that God's opinion of you is unshakably good, and that He is for you and not against you, no matter the circumstances of life.

## We Find Refuge in His Rest When...

1. **We agree with \_\_\_\_\_ about the "It is Finished" \_\_\_\_\_**  
"Confess" = to agree with, to say the same thing

When we agree with the "It is Finished" Gospel, we reject the "Jesus-plus" false-gospel

2. **We \_\_\_\_\_ to make our thought-life obedient to \_\_\_\_\_**  
2 Corinthians 10:5

3. **We \_\_\_\_\_ to His way of growth rather than the \_\_\_\_\_**  
Colossians 1:29 & 1 Corinthians 15:10

## The Big Idea:

God's ways are higher than our ways. Under the New Covenant, productivity proceeds from our RESTING in Him! It is counter-intuitive to human assumption – and that's why it's the Gospel!

**TODAY'S CONFESSION: Today I choose to find refuge in the REST that Jesus promises me.**

## **QUESTIONS FOR LIFE GROUPS OR PERSONAL REFLECTION:**

### **Personal Life:**

1. Do you consider yourself to be a very “driven” person? Do you feel better when you can see productivity in your life? How do you typically evaluate what “success” looks like for you?

### **Ponderings:**

2. In the weekend message, we considered the topic of “Finding Refuge in Rest.” Why do you believe it feels so paradoxical for us that real growth and productivity is rooted in a posture of “resting” before God? Discuss...
3. It is tough to deny the level of unrest in our world today. In terms of technology and progress, we have it easier than any generation gone before us. Yet, life-dominating struggles such as anxiety, depression, anger, etc. seem more prevalent than ever. How can this be explained?
4. Explain how each of the three major points in the message applies to you personally:
  - Agreeing with God about the “It is Finished” Gospel
  - Choosing to make your thought-life obedient to Christ
  - Submitting to His way of growth (resting) rather than the world’s (striving)
5. Read Colossians 1:29 and 1 Corinthians 15:10 as a group. How do you think Paul was able to arrive at this perspective, and pass it along to us as the Spirit-revealed truth we must live by? Discuss...

### **Promptings:**

6. As we close out our series, discuss one or more specific, practical ways that we can apply each theme to our lives:
  - Finding refuge in UNION
  - Finding refuge in FORGIVENESS
  - Finding refuge in RIGHTEOUSNESS
  - Finding refuge in ACCEPTANCE
  - Finding refuge in REST