

Seek: Margin and Rest  
January 12, 2025

As you join this discussion, let the Holy Spirit guide you. Share your thoughts and reflect on the message. Work through the guide by reading Scripture and answering a few questions.

### Open Up

- Do you have a personal mantra?
- If you could move at any speed in life—like a tortoise, a horse, or a jet—what would you choose and why?

### Read Together:

#### Matthew 6:33

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

#### Mark 1:35-37

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!"

#### Mark 6:30-32

The apostles gathered around Jesus and reported to him all they had done and taught. 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.**"

#### Matthew 19:16-22

Just then a man came up to Jesus and asked, "Teacher, what good thing must I do to get eternal life?" "Why do you ask me about what is good?" Jesus replied. "There is only One who is good. If you want to enter life, keep the commandments. "Which ones?" he inquired. Jesus replied, "'You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, honor your father and mother,' and 'love your neighbor as yourself. "All these I have kept," the young man said. "What do I still lack?" Jesus answered, "If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come,

follow me." When the young man heard this, he went away sad, because he had great wealth.

### **Psalm 31:8**

You have not given me into the hands of the enemy but have set my feet in a spacious place.

### **Deuteronomy 5:12, 15**

Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you... Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the LORD your God has commanded you to observe the Sabbath day.

### **Matthew 11:28-30**

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. For my yoke is easy and my burden is light.

### **Discuss Together:**

- How would you explain the main point of Stephens's message today, as if explaining it to a friend?
- Did anything challenge or encourage you in the message?

How would you answer the following questions? Would you respond yes to any of them?

*Can't shake the pressure you feel from having too much to do in too little time?*

*Are you always rushing?*

*DO you Routinely fire off quick opinions and judgments?*

*Are you often fearful about the future?*

*Are you overly concerned with what others think?*

*Are you defensive and easily offended?*

*Are you routinely preoccupied and distracted?*

*Do you consistently ignore the stress, anxiety, and tightness of your body?*

*Do you feel unenthusiastic or threatened by the success of others?*

*Do you spend more time talking than listening?*

- Jesus often took time away to rest and pray (Mark 1:35-37). How do you make space for "solitary moments" in your life, and what challenges do you face in doing so?
- The concept of "margin" was highlighted as necessary for spiritual growth. How do you find margin?
- Are there steps you need to take that could help you to create more margin in your daily life?
- How does the idea of a "rule of life" (like a trellis for growth) resonate with you? What might a simple rule of life look like for you?
- The sermon contrasted our culture's definition of success (bigger, faster, stronger) with Jesus' call to faithfulness. How can we redefine success in light of Jesus' teachings?
- Rest and Sabbath were emphasized as counter-cultural practices. What does rest look like for you, and how can you integrate it into your routine without legalism?

**Pray as a group:**

Take a moment and allow each person to share what a "rule of life" may look like for them. Pray for each other to make the time to implement this practice in their lives.