



## WEEK 3 | GROUP DISCUSSION QUESTIONS

### CONNECT

What are 2-3 things that help you rest (mentally, physically, emotionally, or spiritually)? What is it about these things that refresh you?

### CONSIDER

What encouraged or challenged you from the sermon and/or daily devotions this week?

### CHRIST

- Pastor/author John Ortberg writes, “Hurry is the great enemy of the spiritual life in our day. Hurry can destroy our souls ... For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it.”<sup>1</sup> Sometimes our days are so full that we don’t enjoy anything because we’re trying to do everything. **Do you agree with Ortberg’s thoughts that hurry can have a deadly impact on your spiritual life?**
- In Colossians 1:17 (NIV), the Apostle Paul wrote, “*He is before all things, and in him all things hold together.*” In one verse (12 words), Paul speaks to our tendency to live overly busy and/or self-reliant lives. It’s the tension between trying vs trust. Am I holding all things together or is Jesus? **In what ways do you feel the tension of trying to hold all things together in your relationship with God? Or, in what ways are you trying to earn God’s love through your performance?**

Read Ephesians 2:4-10 as a group

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<sup>1</sup> John Ortberg, *The Life You’ve Always Wanted* (Zondervan, 2002), 77.

- An Idol of performance or busyness can easily creep into our lives. Watchman Nee writes, “The Christian life from start to finish is based upon this principle of utter dependence upon the Lord Jesus. There is no limit to the grace God is willing to bestow upon us. He will give us everything, but we can receive none of it except as we rest in Him. “Sitting” is an attitude of rest ... It is paradoxical, but true, we only advance in the Christian life as we learn to first of all sit down.”<sup>2</sup> **Based on Ephesians 2:4-10 and the insight from Watchmen Nee, what does it mean to sit down with Christ? How does recognizing this position of sitting or resting with Christ impact the way you feel or act in the Christian life?**
- Christ has already been seated, and God sits us down with Him (v. 6). This is not a result of our performance or works, but of God’s grace (v.8-9). It’s out of this position that we can pursue the works God has prepared for us to do (v. 10). **We often work for rest instead of working out of rest. Spiritually, what is the difference between these two mindsets? What is preventing or distracting you from sitting and resting with God?**
- When our focus is on resting with God, then our Christian life is not based on our own efforts, but on God’s inward working in our lives. It is inward change that brings about outward change. Not the other way around. **What keeps us insisting on our own effort when it comes to faith? God often waits for us to despair in our own efforts of faith before he steps into help. What do you think this is so?**
- We have a tendency to want to move faster than the One we are following. A focus on our performance or the distractions of hurry often lie behind our anger, frustration, impatience, unforgiveness, lack of love, and the list could go on. **In what area of your life are you moving faster than the pace God is setting for you? Where do you need to slow down and rest? What reminders do you need that God is holding all things together? How can this group support you?**

## CALLING

- Reflect on the questions from the previous bullet point. Don’t let them go unanswered. Ponder the implications. Make a plan for next steps. Invite a friend to walk alongside you.
- **Daily Devotions:** Read and engage with the ICON Daily Devotions. Text JOINGOD to 81411 to have them texted to you each morning at 7:00AM or tap on Study in Northside’s App to find the Daily Devotions.
- **Further Study & Reflection:** These books are excellent resources to help you reflect further on this week’s conversation.
  - *Sit, Walk, Stand* by Watchmen Nee
  - *The Life You’ve Always Wanted* by John Ortberg
  - *The Ruthless Elimination of Hurry* by John Mark Comer
- **Memorize:** “*He is before all things, and in him all things hold together*” **Colossians 1:17 (NIV)**

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<sup>2</sup> Watchman Nee, *Sit, Walk, Stand* (Tyndale House, 1957), 15.