

Welcome Home-Where the Busy Rest

Text: Mark 1:35-39

Purpose: *As we look at Jesus' life, we recognize it was full of busyness. And like our lives which are also full of busyness, we learn how to rest by following the patterns of Jesus.*

Opening Question: *What is your nighttime sleeping routine?*

Read and Discuss: Mark 1:35-39

1. *What do you think were some of Jesus' personal experiences after teaching, healing, serving, listening, and helping other people?*
2. *Where can you personally relate to Jesus' busyness?*
3. *What do you think is Jesus' motivation for extending Himself in serving and helping others? How did Jesus balance busyness?*
4. *How can some of your responsibilities create an unhealthy busyness in your life? What happens to you when you experience pressure from busyness?*
5. *What do you think Jesus said to God the Father in the mornings when He spent time with Him? vs.35*
6. *How does connecting with God help you find rest in your life? When you spend time with God, what's most helpful for you to say, do, experience?*