

DISCIPLE

THE JOURNEY OF SPIRITUAL GROWTH



Bridge City
CHURCH

Part 4: Rest Is Not Optional

May 3, 2026



CONVERSATION GUIDE



SMALL GROUPS

This series teaches us that discipleship involves defining our relationship with Jesus, living it out in community, and expressing it through service. Now we take a step that is often overlooked: learning to rest. In a culture that values constant productivity, rest can seem unnecessary or even irresponsible—but in the journey of discipleship, rest is also a spiritual decision.

In **Mark 6:30–32 (NLT)**, after an intense season of ministry, Jesus invites His disciples to withdraw to a quiet place and rest. He does not ignore their exhaustion or demand that they keep going without pause; He acknowledges their need and creates space for renewal. This moment reveals that rest is not a sign of weakness, but part of God's design. Resting like Jesus means stopping, trusting that God is still at work, and establishing healthy rhythms that sustain a genuine and lasting spiritual life.

The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. So they left by boat for a quiet place, where they could be alone.

Mark 6:30-32 (NLT)



LET'S TALK ABOUT IT

1. In **Mark 6:30–32**, Jesus invites His disciples to stop and rest after a season of activity. What does this show us about how God sees our limitations and needs?
2. In **Matthew 11:28–30**, Jesus invites the weary to come to Him and find rest. As you think about your life, in what areas do you feel that burden the most, and how have you responded to that invitation?

3. Considering your current reality, what habits, beliefs, or pressures make it difficult for you to stop and embrace rest as part of your spiritual life?

Rest:

- Is part of God's original design for our lives
- Is not a burden—it is a gift from God to you
- Is not optional in the life of a follower of Jesus

MAKE IT PRACTICAL

Jesus invites us to rest intentionally:

1. **Stop — you are invited to rest.** Set aside a specific time this week to intentionally pause your activities. Turn off distractions and create a brief space of stillness. What would happen if you stopped “doing” for a moment just to simply “be”?
2. **Trust — you are challenged to let go.** Make a list of what you feel today depends completely on you. Then consciously surrender it to God in prayer. Rest also means recognizing that not everything is under your control.
3. **Establish a rhythm — you are called to enjoy.** Define a simple weekly habit that helps you disconnect from a fast-paced rhythm (walking, reflecting, spending unhurried time with God). Rest is not only about stopping, but about learning to enjoy what God has already given you.

PRAYER

“Lord, I thank You because You not only call me to follow and serve You, but also to rest in You. Thank You for understanding my limitations and inviting me to live with a healthy rhythm. Forgive me for the times I have ignored my need for rest. Help me this week to trust You more, to stop when necessary, and to find renewal in Your presence.”

TIPS

- Sometimes, the most spiritual decision is not to do more, but to stop in time.
- If it's hard for you to rest, start with small but consistent spaces throughout the week.
- Little by little, you will discover that rest does not take you away from your purpose—it prepares you to live it out better.



WOMEN'S BRUNCH

<https://bridgecitymd.churchcenter.com/registrations/events/3596581>

