



**Passage** Jeremiah 6:16  
**Title** Entering God's Rest  
**Speaker:** Aaron Newman

**Discussion Starter:** Dream, imagine and discuss what life would look like if you were living in complete rest.

### **Worldly Rest and Religion (Jeremiah 6:16)**

- What are some of the things people do to seek rest from work, stress, anxiety, worry and insecurity? How well do you think these attempts to find rest work?
- What is the common element of man-made religion that actually opposes true spiritual rest? Discuss the key fundamental difference in Christianity that enables one to have this true spiritual rest?

### **True Rest for the Whole Man (Genesis 3:7, 21; Romans 5:8; Hebrews 6:17-18; John 17:13)**

- What is it about a man or women's conscience that keeps them from resting? How did Adam and Eve deal with their guilty conscience in the garden of Eden? Discuss how God provided an animal sacrifice for Adam and Eve and how that was a foreshadow of what Christ would one day do to bring rest for us?
- How do the two immutable truths of God, which are expressed in Hebrews 6:17-18, allow us to have true spiritual rest for our minds? If we abide in these truths what character trait do they develop in us?
- How does Abraham's obedience to God reveal that his soul was resting in the LORD? Do we see that same character and evidence in our lives today?
- Explain the relationship between obedience to God's Word and how it produces rest for our hearts?

### **Fruits of True Rest (Isaiah 55:2-3; Psalms 23:1; 27:1; 1 Corinthians 15:55-57)**

- True rest is the fruit of salvation. Satisfaction is a fruit of true rest. What are some of the patterns we see in people's lives when they do not possess this rest?
- Why is the gospel the only possible means of finding the true rest?
- Do you think it is possible to live a life where fear is abolished, if so... how is it done?