

CHILL || Ep 1 - Rethinking Rest and Stress

Episode 1 Follow-Along Notes

Key Question

Is biblical rest simply temporary relief from stress, or is it possible to learn how to live differently in the middle of real life?

Genesis 2:1–3

Rest Built Into Creation

God rested on the seventh day. What does God's rest teach us about Him?

- Rest is part of God's design
- We were not created for endless striving
- God values rhythm, dependence, and trust
- Other: _____

Most important question to ask:

Matthew 11:28–30

Jesus' Invitation

"Come to me, all who labor and are heavy laden, and I will give you rest."

Who does Jesus invite?

Matthew 14:22–33

Peter Walks on Water

The storm was still raging when Jesus said: _____

What condition was the sea in when Peter stepped out?

What stands out to you about Jesus' invitation?

Why the Psalms?

The Psalms help us:

- Bring our whole hearts before God
- Speak honestly about fear, grief, joy, and gratitude
- Turn our attention back to who God is

What emotions have been most present in your life recently?

The CHILL Journey

C — Come to Him Psalm 34

"Oh, taste and see that the LORD is good."

H — Hide in Him Psalm 27

"The LORD is my light and my salvation; whom shall I fear?"

I — Know Him Psalm 145

A deeper understanding of God's character changes how we view our circumstances.

LL — Let Go and Let God Psalm 46

"Be still, and know that I am God."

Colossians 3:16

Let the Word of Christ Dwell in You Richly

To dwell means:

This study is not about rushing through a workbook.

It is about:

Six Practices for Dwelling

1. _____ down.
2. Notice repeated _____.
3. Pay attention to _____.
4. Ask _____.
5. Linger over _____.
6. Look for God's _____.

The question we'll keep returning to:

Personal Response

One truth I want to remember from this message: