

# LIFEGROUPS

learning together • loving one another

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## Sermon-based Discussion Questions<sup>1</sup>

“The Rest/Run Cycle” from 9/29/19

Mark 6:30-46



**SPOILER ALERT:**     *You may not want to read these until AFTER you have heard the sermon.*

1. Do you know of any examples of someone burning out from running too hard for too long? What lessons can we learn from them and apply to our own lives?
2. Why do you think Jesus set aside times of solitude and rest for Himself? For His followers?  
Comment on this definition for Rest: to stop strenuous or stressful activity in order to get recharged and refocused.
3. The message talked about the importance of pacing and aiming our lives. Which of these 2 things is more challenging for you?  
How might the illustrations of the Iditarod Race or the rowboat help us to run the race that God has for us?
4. Share some ways that you think we could practice the rest/run cycle in our own personal schedules.  
How do you think we can make sure that our “plate” has better things on it rather than just more or less things on it?
5. What might help you keep a healthy pace in your own rest/run cycle? What might help you aim your running in the right direction? How can our Life Group encourage you and pray for you in this area?

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<sup>1</sup> Sermon archive available at <https://efcbemidji.org/watch-read/sermons/sermon-list/>  
Life Group Questions available at <https://efcbemidji.org/watch-read/resources/category/life-group-questions/>