

“Rhythms (The Necessity of Rest)”

For as long, then, as that promise of resting in him pulls us on to God’s goal for us, we need to be careful that we’re not disqualified. We received the same promises as those people in the wilderness, but the promises didn’t do them a bit of good because they didn’t receive the promises with faith. If we believe, though, we’ll experience that state of resting.

Hebrews 4:1-3 (MSG)

Ask These Questions:

1. Have any of you been considering getting baptized? If so, what hesitation or fears are stopping you? (Anyone interested in learning more about being baptized can email office@acfak.org to talk to someone on staff)
 2. Do you resist the rhythms of rest? Why? How does this resistance reflect your level of faith that God is on the throne and that He is in control?
 3. What would you need to change to be able to embrace God's rest for you? Is it worth it? Who would you need to ask to help keep you accountable to rest?
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