

Think It Over: This section is about turning what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take your own next step. If you are leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- Are there any foods that give you heartburn? What are they? Do you eat them anyway? Why? How often do you wish you hadn't eaten the whole thing? What gives you relief? Where do you find relief when it is not indigestion of the stomach, but of your heart? How do you find relief? Does it work for you?
- Read 1 Samuel 16:13-23. Anything surprise or disturb you? What do you do with them? Review the ➤ *Exchanging Restlessness with Rest* section. How is our culture so preoccupied with getting that we miss out on what God has already given us? How can we actively fight that drift? How do we live in the tension of God doing His part (resting in Him) and doing our part? How have you experienced Philippians 4:6-7 MSG in your life? Is it ever hard to have Christ displace worry at the center of your life? How would Christ displace worry in your life worry change everything?
- Review the ➤ *Preparing to Exchange Restlessness with Rest* section. How engaged are you in developing yourself? Explain what it means for you to live out 1 Corinthians 10:31 NLT. What do you think are some of the key elements to cultivating a good reputation with God and others? What is so valuable about doing that? Why is it important to continue to give your reputation your awareness? How do you watch for opportunities (Ephesians 5:15-17 MSG)?
- Review the ➤ *Serving to Exchange Restlessness with Rest* section. Why is it such a wonderful gift to help someone replace restlessness with rest? How has someone done that for you? Why does God need to be at the center of it for the rest to last? How is serving well where God put you a part of that process? What are some tangible ways you can be a conduit of God's rest to those close to you?

Next Steps: What steps do you need to take to be a restless heart at rest? Why is that the foundation to passing rest on to others? How will you continue to grow in the area of a resting heart?

Changing Your Mind: Choose one of the verses listed in the Message Guide and commit it to heart.



If you missed a message, visit www.scc.website or request a CD at Guest Services.



1 Samuel 16:13-23 NIV page 194

➤ Exchanging _____ with _____ (13-17)

- _____ in God's sovereignty
_____ your _____ . (13-14)

1 Samuel 16:13-14 NIV

⁷I form light and create darkness, I make harmonies and create discords. I, God, do all these things. Isaiah 45:7 MSG

³¹What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. ³²People who don't know God and the way he works fuss over these things, but you know both God and how he works. Matthew 6:31-32 MSG

- _____ in God's sovereignty
_____ your _____ . (15-17)

1 Samuel 16:15-17 NIV

¹Good people, cheer God! Right-living people sound best when praising. ²Use guitars to reinforce your Hallelujahs! Play his praise on a grand piano! ³Invent your own new song to him; give him a trumpet fanfare. Psalm 33:1-3 MSG

⁹Sweet friendships refresh the soul and awaken our hearts with joy, for good friends are like the anointing oil that yields the fragrant incense of God's presence. Proverbs 27:9 TPT

⁶Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. ⁷Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.
Philippians 4:6–7 MSG

➔ _____ to Exchange Restlessness with _____ (18-20)

1 Samuel 16:18 NIV

➤ _____ yourself so God is _____
in your _____. (18a)

³¹So whether you eat or drink, or whatever you do, do it all for the glory of God. 1 Corinthians 10:31 NLT

²⁰The one given five thousand dollars showed him how he had doubled his investment. ²¹His master commended him: 'Good work! You did your job well. From now on be my partner.' Matthew 25:20–21 MSG

➤ _____ a good _____
with _____ and _____. (18b)

³Never let loyalty and kindness leave you! Tie them around your neck as a reminder. Write them deep within your heart. ⁴Then you will find favor with both God and people, and you will earn a good reputation. Proverbs 3:3–4 NLT

¹A sterling reputation is better than striking it rich; a gracious spirit is better than money in the bank. Proverbs 22:1 MSG

➤ _____ for opportunities to _____. (19-20)

1 Samuel 16:19–20 NIV

¹⁵So watch your step. Use your head. ¹⁶Make the most of every chance you get. These are desperate times! ¹⁷Don't live carelessly, unthinkingly. Make sure you understand what the Master wants. Ephesians 5:15–17 MSG

➔ _____ to Exchange Restlessness with _____ (21-23)

➤ _____ well where God _____. (21-22)

1 Samuel 16:21–22 NIV

¹⁷Nevertheless, each person should live as a believer in whatever situation the Lord has assigned to them, just as God has called them. This is the rule I lay down in all the churches. 1 Corinthians 7:17 NIV

²⁸...I'll show you how to take a real rest. ²⁹Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. ³⁰Keep company with me and you'll learn to live freely and lightly. Matthew 11:28–30 MSG

➤ _____ well to be a _____ of God's _____. (23)

1 Samuel 16:23 NIV

²⁴Nothing is more appealing than speaking beautiful, life-giving words. For they release sweetness to our souls and inner healing to our spirits. Proverbs 16:24 TPT

¹²Let this hope burst forth within you, releasing a continual joy. Don't give up in a time of trouble, but commune with God at all times. ¹³Take a constant interest in the needs of God's beloved people and respond by helping them... Romans 12:12–13 TPT

⁴He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us. 2 Corinthians 1:4 MSG

Bottom Line:

_____ hearts only _____ in Him.

Resources for this message include messages by Alistair Begg, Kevin DeYoung, Ray Fowler, and Summit Church.

To help you turn what God is saying to you into action steps, consider using the Think It Over section on the back.