

## **LIFEGROUP NOTES: PSALM 127: REST TO RENEW!**

*As ever, please use (or discard!) these ideas as is most suitable for your group. Don't feel you have to use everything.*

### **Introduction:**

1. How good are you at relaxing?

### **Read Psalm 127 and discuss:**

2. What are the indications of a busy life in Ps 127? Where do you relate to these pressures?
3. How does v.2 relate our busyness to God? With what conclusion? What does this reveal about God ... and about us?
4. What are the pressures that can make us too busy? Why are we afraid to stop? What does this suggest about what we really believe about God ... and what is really most important to us?
5. Romans 12:1 calls on us to be "living sacrifices" - not to earn God's favour, but because we already have it ("in view of God's mercies"). What would "sustainable sacrifice" look like in your life? Try to be specific.
6. In the OT God instructed His people not to harvest their fields to the very edges, but to leave borders (Leviticus 23:22). This had a twofold blessing: what remained could support people in need, and at the same time, the owner of the field was protected from working obsessively. Where are you trying to harvest life to the very limit? How might you - and others - benefit if you left margins? What needs to change in your thinking about God (and life in the light of God) if you are to learn to leave margins?
7. How can we help one another to rest? And how can we, as a church family, enable rest for those whose circumstances cause them long-term pressure (e.g. caring for a sick relative, etc)?

### **In Conclusion**

- In order to keep going we have to keep stopping. Pause now to thank God for the gift of rest. Pray about how to live a Romans 12:1 lifestyle of sustainable sacrifice.

*Eddie Larkman, January 2019*