



**24-7 SPACES**

**LENT 2012**

# **WALK WITH US**

**week 4**

## **JESUS: REST**

**use this deeper guide alone, with  
family or friends or your  
church small group**

**40 DAYS. 5 MINUTES. 1 GOSPEL.**

# CONTENTS

1. **Reflect**: thinking time
2. **React**: journaling or discussion
3. **Respond**: get practical

## MATERIALS NEEDED

- A Bible
- 'Do They Know It's Christmas' by Band Aid
- 20 Sticky notes

# REFLECT:

Use the following Bible passage, song lyrics, Art and quotes for reflection.

Read: John 6:1-15 & 26-59

'Green Coca-Cola Bottles' by Andy Warhol



"The basic thing nobody asks is why do people take drugs of any sort? Why do we have these accessories to normal living to live? I mean, is there something wrong with society that's making us so pressurized, that we cannot live without guarding ourselves against it?" - **John Lennon**

*"God, you have made us for yourself, and our hearts are restless till they find their rest in you."* - **Augustine**

"God, but life is loneliness, despite all the opiates, despite the shrill tinsel gaiety of "parties" with no purpose, despite the false grinning faces we all wear."

"Is anyone anywhere happy?"

- **Sylvia Plath**

"I don't care  
How much it hurts  
I want control  
I want a perfect body  
I want a perfect soul"  
- **Radiohead 'Creep'**

# REACT:

(1) Think of a place you associate with rest? Where is God in that place?

(2) Read John 6:35+55. Reflect on Jesus' words that He is 'true food'. What are the ways that people in our world are hungry physically, emotionally and spiritually? What are the things people feed on or consume to try to fulfill their hunger?

(3) Reflect on the quote from Sylvia Plath who struggled throughout her life with an eating disorder and depression. Consider the power food has on the people in our society. Food is used as a form of control in eating disorders, such as anorexia and bulimia. It is also used as a form of comfort in over eating and increased obesity in Western society. It points to the unhappiness in people's lives. Think of people you know who are struggling with issues around food and who are searching for peace or rest. Commit to pray for them throughout this season of Lent, that they would find the rest that Jesus brings.

(4) Reflect on the lyrics from the Radiohead song 'Creep' and the quote from John Lennon. Think about how people in our world are searching for 'true' rest and the things people strive for: 'control' 'a perfect body' 'a perfect soul'.

Consider John Lennon's questions: "why do people take drugs of any sort? Why do we have these accessories to normal living to live?" How can we respond to those with drug addictions and people searching for 'true' rest in all the wrong places?

(5) Reflect on the 'coca cola' pop art by Andy Warhol. Warhol spoke about how "a coke is a coke" in the hands of a president, an actress or a street sleeper. Consider how the media portrays our need for a product, which promises a better life. Reflect on our culture of consumerism and how it is often based on the lie that we can consume happiness, joy and peace. What are some of the things in our society that promise to fulfill us but never will? How would Jesus address so many in our culture who keep on consuming and are never satisfied?

(6) Read John 6:29 a few times. The work of God is to believe in the one He has sent. Everything begins with simply believing and resting in God's truth and character. Reflect on Augustine's quote and our need to find rest in God as the primary 'work' we do for him.

# RESPOND:

## 1. Personal:

Where are the places you turn to for rest or comfort? Discuss or journal through the places you turn to that are unhelpful and think about why it is so easy to turn to those places instead of to God. Where are the places you turn to for rest, where you find God's rest? This week, challenge yourself to truly find full rest and comfort in God.

## 2. Practical:

This week, as you think about God's work, simply practice resting in His presence. The most important work you can do for God is to believe in Him. He will fill you and is the ultimate comfort, rest and 'food'.

Create a sacred space in a public place. a resting place where people can stop and there's an invitation to pray.

Consider some of the places people go in your neighbourhood in search of peace and rest. Go and spend time in those places getting to know those who congregate there. Pray for those you meet that they would experience the rest that Jesus offers. For example you could spend time getting to know the young people who congregate in a local park drinking and taking drugs.

## 3. Prayerful:

Listen to the song 'Do They Know It's Christmas' (Feed the World) by Band Aid 20. As you listen reflect on the different ways that people are hungry in our world, maybe physical hunger or a hunger for emotional wholeness or for spiritual depth. Write the names of people or places on sticky notes and as you do ask God to 'feed the world'.

# NEXT WEEK...

## JESUS: RULE

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