

SERMON NOTES

June 21, 2026

The Necessity of Rest

Luke 10:38-42 | Russ Allen

Main Point: Resting in God is Necessary

1. Martha & the Consequences of Not Resting in God

2. Mary & the Benefits of Resting in God

APPLYING GOD'S WORD (For LifeGroups)

LifeGroups are a place to commit to Christ-Centered relationships and grow in our faith together. Learn more at westshorefree.org/lifegroups.

LifeGroup Discussion Questions:

1. What stood out to you from the sermon and the Scriptures?
2. Do you think the idea of “rest” is valued by our society? Explain.
3. Do you identify more with Martha or Mary in this story (Luke 10:38-42)? Explain.
4. What are some of the “distractions” in your life right now? What are things that make you anxious? How well are you managing those things?
5. What might “sitting at the feet of Jesus and listening to his teaching” mean for you daily, weekly, monthly, etc.?

B.L.E.S.S. Question of the Week:

How does Jesus' invitation to rest shape how we can B.L.E.S.S. our neighbors?

Memory Verse:

“I have set the Lord always before me; because he is at my right hand, I shall not be shaken. Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.” - **Psalm 16:8-9**

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