



STUDY GUIDE

August 21, 2022

Message Series:
Message Title:
Teaching Pastor:

On the Water
Still Waters
Elijah Schiarelli

Warm-up/Icebreaker:

Share a high and a low from the week.

Pray:

Dear Lord, open our eyes that we may see wondrous things in Your Word. Help these truths to soak in and circulate through our minds so that we may grow and leave here closer to You and each other. Thank you for the reminder that you invite us to come to you for rest, deep, lasting rest. A restoration we all need. In Jesus' name. Amen.

Get Started:

- Describe a restful experience you had this past week or month.

"Most of the time, I'd only spend a half-hour or so on the dock, but that's all I needed to feel relief. Those few moments were precious because I was able to set aside everything else and focus exclusively on God and His magnificence. I quit worrying about what was next. I stopped stressing about the agenda. I gave up for a few moments on trying to "outpace" or "out grind" everyone else and just...rested. Soaking in God's marvelous creation and allowing it to spur on thoughts of Him and His greatness. There were several things that I could've been doing with this time. Good things, important things! But somehow, I understood then that the time spent on this dock was more important." Pastor Elijah Schiarelli

Read Psalm 23.

- Where is a place in Creation that has allowed you to just stop, take a deep breath, and marvel at God's greatness? How frequently did/do you go there?
- Walk through each word of "The... Lord... is... my... shepherd." These five words hold the key and form the foundation of the entire psalm, telling us much about our relationship with Jesus. What do you think each of those words mean?

Read Job 38:4-20.

- What is your reaction to this passage above and below. How could we allow the sentiments here to affect us? What might these have to do with rest?

**When I consider your heavens, the work of your fingers,
the moon and the stars, which you have set in place,
what is mankind that you are mindful of them,
human beings that you care for them?
Psalms 8:3-4 NIV**

Watch and Discuss Video: (Follow up videos paused for the summer)

Reflect and Commit:

"We need to start by reclaiming the time itself. Take back your most precious resource from the spaces in your life where you can, set it aside for rest, and guard it from anything that would try and steal it away. Reframe rest in your mind not as weakness or missed opportunity. Rather, see it for what it is: Necessary. Vital. Life-giving." Pastor Elijah Schiarelli

Read Matthew 6:33 and Psalm 90:12.

- Do you have ways that you intentionally connect with God? What are they? How often do you do this? How was your life changed as a result?

"We don't just need rest because we're tired and we need to recover (although that is part of it). More than that, whenever we go, go, go and don't give ourselves any time to slow down, we often don't give ourselves time to connect with God. We know that God is the giver and sustainer of all life, including yours, and when we don't move stuff out of the way and rest, God's voice gets drowned-out by the noise. His presence gets harder to feel among the stress and anxiety. Eventually, we might even start to feel like He's not near us or with us anymore and get turned off to God, all because we failed to slow down and rest." Pastor Elijah Schiarelli

In one story in the Bible, a prophet named Elijah is in great need of rest (among other things), and ends up hearing from God.

Read 1 Kings 19:11-13.

- What is going on in this scene? What kind of noise are you having to sift through in your own life to be able to hear the voice of God? How did God speak to Elijah?
- How would you like to further be still and make room in your life to sit in God's presence and listen for His whisper in your heart? (I.e. putting it on your calendar at a certain frequency, setting an alarm to alert you or time some silence on a regular basis, or trying to home in on hearing God through the noise, etc.). How can you hold yourself accountable to put this practice into place?

Pray:

Dear Lord, thank You that You are our good Shepherd and we can trust You with our lives. Thank You for Your guidance, care, protection and strength that surrounds us. We never have to fear or worry about what's coming next. Your goodness and mercy and love follows us, chases us, even though we may be unaware. You are trustworthy and in You alone is our rest and peace. We ask that You continue to lead us beside still waters, refreshing, renewing and deeply restoring our souls, which then ignites us with passion for our life and family and following You wholeheartedly. It's in the name of Jesus that we pray. Amen.