



## Sermon Discussion Guide for Groups

### "A Plan for Summer"

Preached by Pastor Brady Boyd  
8 June 2025

"Be still and know that I am God."

P S A L M 4 6 : 1 0

#### Summary

Have someone from your group read the following summary aloud.

In this powerful message, Pastor Brady reminded us that Jesus deeply cares about the weariness we carry and invites us into his rest. Speaking from his own experience of needing renewal after an exhausting week, he drew from Matthew 11:28-30 to show us that Christ offers more than just temporary relief; he offers true rest for our souls.

Pastor Brady challenged us to embrace a summer plan that mirrors Christ's own rhythm of withdrawal and renewal, recognizing that sometimes our level of exhaustion requires deeply intentional restoration.

Rather than simply taking time off, this is an invitation to engage spiritually through three intentional practices. First, we must truly rest, embracing guilt-free naps, long walks in the sunshine, delicious meals with good friends, and extended bouts of laughter. Second, we're called to reflect by asking ourselves four crucial questions: What just happened? What did I learn? Where does it hurt still? How did I change? Finally, we need to recharge by making concrete plans for what we're looking forward to and identifying what we need that we don't currently have.

Jesus modeled this pattern by often withdrawing to lonely places to pray (Luke 5:16), and he calls us to do the same so we can return refreshed and ready for the assignments he has given us.

## Opening Prayer

Open your session in prayer, using the words below or your own.

"Father, we come before you acknowledging that we're tired. Some of us are carrying burdens that feel too heavy, and we're grateful that Jesus sees us in our weariness.

"We thank you that you don't just offer us a quick fix but instead invite us into your rhythm of rest and renewal. As we gather, would you open our hearts to receive what you want to teach us about finding true rest in you? We love you, Lord, and we need you. In Jesus' name we pray, Amen."

## Getting Going

Allow time for each group member to answer the following question before moving on.

What's one simple pleasure in life that always helps you feel refreshed?

## Discussion Questions

Answer as many of the following questions as time and interest permit.

1. Have someone read aloud Matthew 11:28-30. What specifically does Jesus promise to those who are "weary and burdened"? How does his invitation differ from the world's approach to dealing with stress and exhaustion?
2. Pastor Brady mentioned there's "a fatigue that comes that a good night's sleep on its own won't cure." When have you experienced this type of "soul fatigue"?
3. Pastor Brady's message emphasized guilt-free naps, long walks in the sun, delicious meals with friends, and laughter. Which of these four elements of rest resonates most with you, and why? What barriers keep you from regularly incorporating rest into your life?
4. Of the four reflection questions Pastor Brady shared—"What just happened? What did I learn? Where does it hurt still? How did I change?"—which is most thought-provoking to you right now, and why?
5. Think about the question "What am I looking forward to?" How can having something to anticipate help battle anxiety and depression? What is one thing you're genuinely excited about in the coming three months?
6. Jesus often withdrew to lonely places and prayed. What do you think Jesus gained from these times of withdrawal? How can we apply this pattern to our own lives practically?
7. What would it look like for you to return from this season of rest, reflection, and recharge ready for whatever God has planned next?

## Making It Personal

Take the opportunity noted below to apply this week's sermon to your everyday life.

This week, identify your "lonely place," a space where you can regularly withdraw for prayer and reflection.

It might be a corner of your home, your car, a park bench, or even the bathroom, if you're a busy parent. Choose a specific time of day when you'll consistently go to this place for five to ten minutes to be with God, and see how the commitment refreshes your soul day by day.

## Key Takeaways

Commit to memory one point from the message before you dismiss.

Which of these points will you carry with you this week?

- Jesus cares about our soul fatigue and invites us into his rest.
- Summer is an opportunity for intentional spiritual engagement through resting, reflecting, and recharging rather than simply taking time off.
- Regular withdrawal to "lonely places" for prayer follows Jesus' own pattern and prepares us for the work he's called us to do.
- Having something to look forward to and making concrete plans for joy can be powerful weapons against anxiety and depression.

## Closing Prayer

Have someone from your group close your time in prayer, using the words below or your own.

"Lord Jesus, thank you for seeing us in our weariness and offering us true rest. Help us to take your yoke upon us and learn from you, because you are gentle and humble in heart.

"Give us the wisdom to rest well, the courage to reflect honestly, and the faith to recharge in your presence. As we practice withdrawing to lonely places this week, meet us there. Fill us with your Holy Spirit and prepare us for whatever assignment you have ahead. We trust you with our rest and with our work. In your mighty name we pray, Amen."

## Key Passage | Matthew 11:28-30 NIV

These verses were highlighted during this week's sermon and appear here for your reference.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30 (NIV)

## Verses for Further Study

- Psalm 23:1-3
- Mark 6:30-32
- Exodus 33:14
- Isaiah 40:28-31