

# IMPACT GROUPS

Week #8: Mar. 5 - Mar. 8, 2019

## "The Jesus Trip"

Sermon Date:  
March 2/3, 2019



Link to sermon:

<http://www.impactlondon.ca/livestreamarchives/>

### Ice Breaker:

What's your favourite way to get some rest and relaxation? How do you recreate? (Other than going on vacation).

### Interesting Facts:

The word "jubilee" comes from the Hebrew word yobel ("ram's horn").

In each 50 year cycle, the seventh year was a Sabbath on which they were not to work their lands. That meant that the 50th year, the year of Jubilee, would have been a back-to-back year of rest.

The Sabbath rest was never practiced. When they were sent into exile for 70 years (one year for every missed Sabbath), the land did however get its rest.

Caleb, one of the spies who was allowed to make it into the Promised Land, was not even Jewish. He was a Kenezite. ( Numbers 32:12)

Those of the Levite clan who were eligible to serve in the Temple could not start until the age of thirty and had to retire at the age of fifty. Jesus is said to have started his ministry at 30 but was crucified at 33.

### Fun Fact About Rest:

Humans spend on average 25 years of our lives sleeping, yet only 21% of Americans get the needed 7 hours of sleep for adults each night. Research shows that only 1-3% of the population is able to thrive on less than 6 hours sleep per night.<sup>1</sup>

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<sup>1</sup> Breus, M.J. (2011) *Could You Be A Super Sleeper?*. [Online] Available from: <https://www.psychologytoday.com/us/blog/sleep-newzzz/201104/could-you-be-super-sleeper> [Accessed 24 March 2018].

## **Link to weekly reading guide:**

<http://www.impactlondon.ca/the-jesus-trip/>

## **Discussion Questions**

1. Why do you think God did not take the Israelites right into the Promised Land? What does your answer tell us about Him?
2. Why do you think that the Israelites, although having seen God's miracles, still did not believe God? Do you think this is still true for some people today? Why or why not?
3. What do you think it was like for Joshua and Caleb to have to wander another forty years with the Israelites who doubted? What was so different about these two?
4. How did the Israelites, and how do people today, express unbelief? Why are grace and faith so intimately linked? (See Eph. 2:7-8 and Rom. 4:16)
5. How do you see Jesus in the promised land and its features?
6. What does it mean to say that "all that is in Jesus is experienced and lived out by faith?" Talk about what this means for us.
7. What are some obstacles to rest? Why do we find it so hard to take a rest, either spiritually in Christ, or even just physically and emotionally to rest and recreate?
8. How does knowing that you are complete in Christ give you rest? How does Jesus give us rest for our souls. (Matthew 11:28-30).

## **What's Going on At Impact Church**

\* Impact Worship Night - Saturday March 23, 2019

\* Sip Swap Snack: Saturday April 27.

\* We are having Baptisms at our service on Sat. April 6, at 6pm. Contact the office if you would like to be on the list.

Email any questions about your readings to: [\*\*groups@impactlondon.ca\*\*](mailto:groups@impactlondon.ca)