

Introduction Discussion Guide

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1. Have you ever found yourself in need of spiritual rest? What did you do to find rest?
2. Where should we go for the answers to our spiritual problems?
3. What does it mean to come to Christ, as we read in Matthew 11:28?
4. Do you struggle when it comes to spending time with Christ? If so, why?
5. Are you familiar with the spiritual disciplines? Which do you practice regularly?
6. How satisfied are you with your use of spiritual disciplines? Which do you hope to improve on?