



# Key Takeaways

1

Discover

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Rest is not just about taking a nap or a break from our busy lives. It's about knowing Christ deeply and participating in His suffering. Discover how you can tap into an infinite supply of rest to experience true rejuvenation.

2

Surrender

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Let go of the need to prove yourself. In Christ, we already have God's approval. Surrendering to His will brings true rest and leads to a life filled with joy when His plans unfold.

3

Experience

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Experience the power of the Holy Spirit in your prayer life. Even when we don't know what to pray for, the Holy Spirit intercedes for us with groanings too deep for words. Find comfort in knowing that God is working all things together for your good.

# QUESTIONS TO GO DEEPER

FOR YOUR OWN PERSONAL REFLECTION OR TO USE WITH A FRIEND

How do you personally define rest, and why is it important in your relationship with God?

How does the concept of rest go beyond physical relaxation and encompass a deeper knowledge and experience of Christ?

Why do you think many people struggle to tap into their inner supply and still rely on limited external sources?

Have you ever felt the pressure to constantly prove yourself or seek approval? How does the message of God's unconditional approval through Christ challenge that mindset?

What are some practical ways you can surrender to God's will and find rest in His perfect plan for your life?

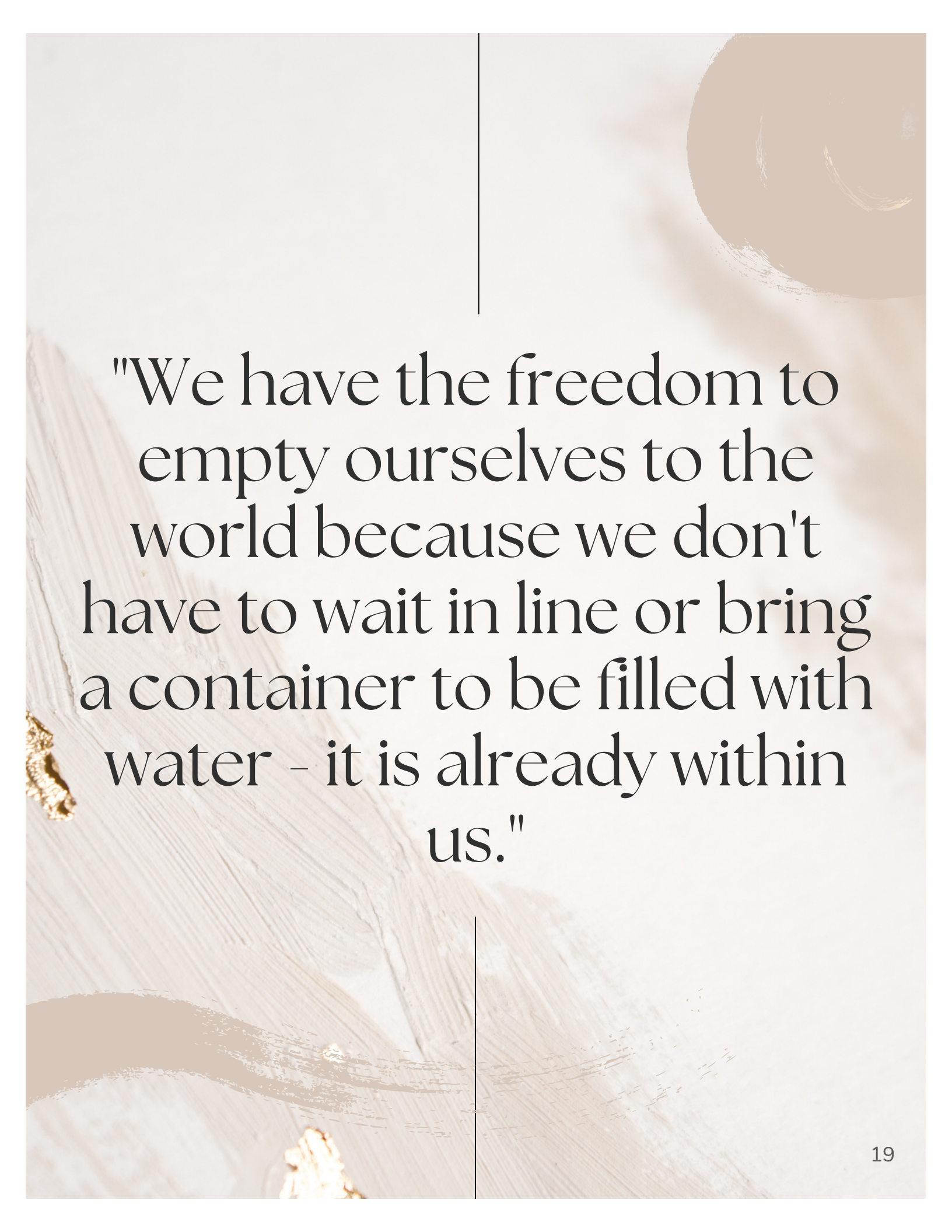
How does the idea of reducing the gap between what we say we believe and what we truly believe resonate with you? In what areas of your faith do you see this gap existing?

Are there any particular French language nuances around the concept of "knowing" that you find interesting or relevant to your faith journey?

Reflect on a time when you found it challenging to surrender to God's will, even though you knew it was what was best for you. What did you learn from that experience?

How does the promise of the Holy Spirit's help in our prayers when we don't know what to pray for bring you comfort and reassurance?

Share an experience or aspect of your life where you have felt the abundance of God's provision, like the unlimited supply of water from the pond described in the episode. How can you access and rely on that provision more fully in your life?



"We have the freedom to empty ourselves to the world because we don't have to wait in line or bring a container to be filled with water - it is already within us."