



**USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.**

**Message Recap:** In the Cycle of Grace, after acceptance comes sustenance—those things God provides us that nourish us and keep us healthy so that we are sustained for good work. But in the Cycle of Work, most of us only feel we deserve sustenance such as rest and health if we are significant. We don't feel we deserve to slow down. Jesus modeled sustenance in many ways, including taking time to eat, sleep, pray, worship, and celebrate.

» **Main Points**

- [The Cycle of Grace](#) - Trevor Hudson and Jerry P. Haas
- Make it Regular - Practice Sabbath
- Make it Reflective - Spend time with God every day
- Make it Refreshing - Invite the Holy Spirit to refresh you

» **Getting Started**

- What are some things you do to help sustain you throughout the week?

» **Observation**

- Read and reflect on [Matthew 22:37; Mark 6:31; John 15:5; James 2:17; Revelation 2:4](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses?

 **reachout**

- The cycle of Grace includes sustenance. Rest, nourishment, and health, come from God. Pray that your neighbors, friends, and co-workers, would desire these things that we receive freely from God due to his grace and love for us.

 **growdeep**

- Read through the Scriptures in the observation section. What theme do you notice throughout? How do these verses help you better understand the importance of unplugging and being sustained in the Cycle of Grace?
- What is a spiritual rhythm you practice regularly (examples: worship, service, Bible reading, generosity, prayer)? If you are not practicing a spiritual rhythm regularly, which would you like to practice this week?
- The Cycle of Work leaves us feeling like we are rowing a boat. The Cycle of Grace allows us to recognize that we are sailing. There's work to be done in both cycles, but it's a different kind of work. Which image best describes you now?

 **partner  
with families**

- What rhythms do you have in place to practice sustenance as a family? Start simple. Pray together in the morning, at meals, and before bed. Make dinner around the table a priority. Attend church together. Set a rhythm of reading the Bible or a devotional with each other. Take time to celebrate milestones. Plan something fun this week that is also restful. Work on holding each other accountable to these rhythms week in and week out.

» **Next Steps and Prayer**

- This week, commit to Practice Sabbath. Take a day to put your phone down and be present with God and the people you love. Make notes about how you feel throughout the day. If you feel anxious about being disconnected from your phone, write it down and ask God to help you feel his peace and presence.
- Close by praying this prayer: "Holy Spirit, fill me today! Empower me to live for You and to bear fruit in my life!"