

**Live Fast**

Finding Rest

The Net Church

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Ryan May

February 7<sup>th</sup>, 2016

Psalm 91:1, 15 – Those who live in the shelter of the Most High will find rest in the shadow of the Almighty... “When they call on me I will answer. I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation.”

2 Questions:

1. What can I \_\_\_\_\_ doing to \_\_\_\_\_?
2. What can I \_\_\_\_\_ doing to \_\_\_\_\_?

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## Reflection Questions

02.07.16 – Live Fast: Finding Rest

*The following questions are designed for use personally or within a group setting to help you dig deeper into today's message. If you're not connected with a group, please visit: [www.netchurch.cc/netgroups](http://www.netchurch.cc/netgroups) to see what groups are currently meeting.*

- What stood out to you about this weekend's message? Why?
- Was there anything that challenged you? Explain.
- Based on your answers to the above questions, what do you think God may be saying to you? Discuss.
- What would it look like in your day-to-day life to respond to what God is saying?
- What plan can you put into action this week so that what God's saying to you sticks?
- How can your group or close friends best help you do what you're setting out to do this week? If you're in a group, be prepared at your next meeting to share how you're doing in following through on what's been discussed.

**\*\*After the message** we invite you to take **communion** with us – this is an opportunity to remember Christ's death and resurrection as stated in 1 Corinthians 11:23-26. Instructions for taking communion are located at the tables near each exit. We also invite you to receive **prayer** during this part of our service. Leaders available to pray with you can be identified by their lanyards and will be standing in the auditorium at the lower exit to your right.

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