

VINEYARD CHURCH DELAWARE COUNTY

Season of
REST

SERMON SERIES
Study Guide

Introduction:

A few months back, God began to speak to our lead pastor, Michael, about preparing our church for a “season of rest”. As he shared that prophetic prompting with a few staff members, we all assumed it referred to our society’s crazy, busy, never-slow-down pace. Little did we know at the time that the virus of the century was going to strike and have global and personal impacts on our lives. With most of the nation now sheltering-in-place and battling emotions of fear and anxiety, we are unsure of when and if life will return to normal (or maybe a “new” normal). This sermon series and accompanying resource was almost completely created prior to COVID-19 spreading around the world, and yet God was preparing us! Isn’t the sovereignty of our Lord amazing!

The purpose of this series and resource is to help us embrace this forced season of rest, and to enhance our walk with God by encountering the Holy Spirit in this uncertain time. In the Old Testament, the practice of Sabbath required the Israelites to take one day a week to rest (Exodus 20:8-11). Every 7th year, a field was to be left unplanted to allow the land a year of rest (Leviticus 25:1-7). But after Jesus’ resurrection, Peter and the disciples were invited to step into a different kind of season of rest... one of learning to rest in the wonder, peace, promises, and power of God!

In the Bible, rest does *not* equate to laziness, but rather intentional dependence on God. Through this study, we will be taking a closer look at this kind of rest as we are invited into the same kind of journey with God.

Each week is divided into four different sections: Read, Respond, Rest, Reflect. Begin by *reading* the scripture and inviting the Holy Spirit to bring new insights to the passage and to your own life. Next, *respond* to the passage by pondering the questions independently, with your family, or virtually online with your small group. Then, complete the *rest* exercise, which is unique to each week. Some of these may be stretching and uncomfortable, but give them a try as they provide an opportunity to possibly encounter the Holy Spirit in new ways. Finally, *reflect* by journaling about the overall experience and consider sharing your thoughts with each other.

May you encounter the many facets of rest in the Holy Spirit through this season!

Week 4: Rest in Power

Rest in POWER... the promise has been fulfilled!

The disciples are all in the upper room waiting and *resting* in the promise of Jesus to send the Holy Spirit... and the promise has come in POWER to *rest* on each one of them and they are all filled with the Holy Spirit!

Each one is speaking other languages that they don't know... that they shouldn't be able to speak in the natural. The time of waiting is over, and out into the streets they flood. The supernatural power of the Holy Spirit overflows out their mouths. People from over a dozen different cities, regions, and nations from around the known world, recognize their native language coming out of a bunch of Galileans!

And Peter, the once three-time un-loyal, *restless* disciple, is filled with the supernatural POWER of the Holy Spirit and addresses the crowd, sharing the story of Jesus and more than 3,000 people come to believe!

The earliest disciples had learned to *rest* in the wonder, peace, promises, and POWER of the Holy Spirit!

Today, as fellow disciples of Jesus, that same *rest* is available to us!

READ

- Acts 2:1-21, 37-41

RESPOND

- How does the author, Luke, describe the experience of the Holy Spirit in the upper room?
- How did the crowd of people from various cities respond to hearing their own native language?
- After Peter's sermon, how does a large portion of the crowd respond?
- In what ways, if any, have you experienced the power of the Holy Spirit?
- In what ways would you like to see more of the power of the Holy Spirit?

REST—Holy Spirit Encounter Exercise

- If the Holy Spirit can come in power in the upper room to the disciples that means it's *possible* that He can come in power in you wherever you are at right *now*!

Take a moment to rest in Him. Settle yourself into a quiet space. Open your hands and gently pray, "Come, Holy Spirit... empower us to do the work of Your Kingdom."

