

# Rest, Abide, Walk

## STUDY GUIDE

---

**PURPOSE** for Diagram **190-A**:

*To describe the Christian's life when he or she is functioning after the Spirit.*

---

### REST?

1. What does Jesus say in Matthew 11:28 is the first step in resting?  
\_\_\_\_\_
  
2. Rather than coming to Him, how do you respond? Example: worry, struggle for control, retreat to work.  
\_\_\_\_\_
  
3. Study Philippians 2:3-9 carefully.
  
4. According to verses 6-8, who was Jesus and what was strange about how He lived? \_\_\_\_\_
  
5. What do you see yourself doing out of selfish interests or lack of regard for others? \_\_\_\_\_  
\_\_\_\_\_

*Come to Me, all  
who are weary and  
heavy-laden . . . .*

Matt. 11:28

*I must labor to rest.*

REST

# Rest, Abide, Walk

## STUDY GUIDE

**PURPOSE** for Diagram **190-A** continued:

*To describe the Christian's life when he or she is functioning after the Spirit.*

### ABIDE



1. Study John 15:4-11.



2. Do you enjoy the close, intimate, "abiding" fellowship with the Lord that you desire? \_\_\_\_\_



3. What will be your experience if you remain in the vine?  
\_\_\_\_\_

4. List some things that indicate that you are living dependently upon the vine.  
\_\_\_\_\_  
\_\_\_\_\_

5. Now list some things that indicate you are living independently of the vine.  
\_\_\_\_\_  
\_\_\_\_\_

*Come to Me, all  
who are weary and  
heavy-laden . . . .*

Matt. 11:28

### WALK



1. Study Ephesians 5:18.



2. Why do you think you are encouraged to be "filled with the Spirit"?  
\_\_\_\_\_



3. How well does a drunk person walk? \_\_\_\_\_



4. Study Galatians 5:16.



5. What might be some things that hinder your process of walking by the Spirit? \_\_\_\_\_

*Stay connected to the vine.*

REST

# Rest, Abide, Walk

## STUDY GUIDE

**PURPOSE** for Diagram 190-B:

*To show how to rest regarding the past, present, and future.*



1. Study Psalm 119:59.



2. What sin haunts you? Are you ready to repent? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*For I know  
the plans I have  
for you . . . .*

Jer. 29:11



3. Study Ephesians 4:32.



4. Who has hurt you in the past? Are you ready to forgive? \_\_\_\_\_  
\_\_\_\_\_



5. Study Ephesians 5:20.



6. What circumstances from your past have you not thanked God for?  
\_\_\_\_\_  
\_\_\_\_\_



7. Study John 14:21.



8. In what area of your life do you need to obey God now? \_\_\_\_\_  
\_\_\_\_\_



9. Study Jeremiah 29:11.



10. Can you trust the Creator and Master of the universe with your future?  
Why? \_\_\_\_\_  
\_\_\_\_\_

*Today is a gift.  
That's why it's called the "present."*

REST

# Rest, Abide, Walk

## STUDY GUIDE

---

PURPOSE for Diagram 190-C:

*To illustrate how one's focus becomes one's greatest issue.*

---



1. Study Hebrews 12:1-3. Which view of life is most often yours?  
Explain. \_\_\_\_\_  
\_\_\_\_\_



2. What problem, circumstance, or feelings are you staring at now?  
\_\_\_\_\_  
\_\_\_\_\_

***Fixing our eyes on Jesus . . . .*** Heb. 12:2



3. Is your God too small? \_\_\_\_\_



4. What attribute of God can you think about now? (Omnipotent, omnipresent, all knowing, loving, patient, faithful) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



5. Can you tell Him you are going to focus on Him and stop focusing on the problems that steal your joy? \_\_\_\_\_  
\_\_\_\_\_

*God is in control!*

REST