

CHARGE Youth Discussion Questions Outline

GRADE
7-12

Date & Week

July 12, 2026 (Wk 3)

Bible Focus

Luke 4:13-19 &
23:55-24:1-6

Theme Focus

Jesus & Rest

Discussion Questions

Main Point: Jesus modelled the importance of having rest. Regular rhythms of rest are where we can also refresh, be alone with God, and fellowship with others.

Warm-up questions

1. When do you enjoy resting?
2. What makes it difficult to rest well in today's world?

Read Luke 4:13-19 & 23:55-24:1-6

3. Why do you think God commands rest rather than simply suggesting it?
4. How is biblical rest different from simply being entertained or doing nothing?
5. Luke says attending the synagogue was Jesus' custom. What does this teach us about regular worship and gathering with God's people?
6. How can spending time with God actually refresh us? And why do you think it's important to have both time alone with God and time gathering with God's people?



7. Read Luke 23:55-24:6. What did the women do on the Sabbath? Why?

8. Why is it important that resting is a regular rhythm? Read Exodus 20:8-11

Application

9. What habits or activities help you slow down and focus on God?

10. What's one practical way you could build a healthier rhythm of rest into your week?

Prayer

Gracious Father, Thank you for the gift of rest. In a busy world, help us to follow Jesus' example by making time to worship you, be refreshed by you, and enjoy fellowship with other believers. Thank you that true rest is found in Jesus, who died and rose again for us. Amen.

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. Luke 4:16