

Sermon Discussion Questions

“Finish the Race” by Pastor Destin Garner | Sunday, May 24, 2026 | RPC Central Campus
Scripture Passages: 2 Timothy 4:7, John 17:4, Ecclesiastes 3:1-4, Deuteronomy 5:12-15, Mark 2:27, Matthew 12:11, Isaiah 58:13-14, Matthew 11:28

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Have members of your group read the Scriptures above aloud prior to beginning your group discussion.

Possible icebreaker: If you could spend a day doing anything you wanted, what would that look like?

1. What from the sermon stood out to you the most, and why?
2. What are some signs or symptoms of burnout that Destin mentioned? Which ones do you relate to most?
3. When thinking about what leads to burnout, what are the three things we must first acknowledge?
4. Ecclesiastes reminds us that there is “a time for everything.” What tends to keep you or your family from practicing Sabbath rest consistently?
5. Destin mentioned that pride is often at the spiritual root of burnout. Why do you think that is? Why is practicing Sabbath an act of humility?
6. What is one area of your life where you personally need to “hit pause”? Why is rest difficult for you in that area?
7. Of the seven types of rest from Dr. Sandra Dalton-Smith, which one resonated with you most right now, and why?
8. What are some practical ways you can experience or protect Sabbath rest in this season of life?
9. How can we pray for one another as we pursue healthier rhythms of work and rest and seek to finish the race faithfully without burnout?

For further personal reflection:

Are signs/symptoms of burnout in my life lessening over time, or do I feel them showing with greater frequency or greater intensity?

If the people in your life gave you a “joy” score, a “delight” score, what would it be?

What could you do to delight more in the Lord - to enjoy Him and His creation?

What is one step you could take toward a rhythm of Sabbath?