



R.E.S.T

REST IN CHRIST · EVALUATE · SERVE · TRUST

# DISCUSSION GUIDE

FEBRUARY 2025

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02

**R**EST IN CHRIST  
*The true rest*

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# R.E.S.T

FEB  
02

## REST IN CHRIST *The true rest*



*Watch the sermon here!*

### Introduction

Life is full of demands and pressures, leaving many of us exhausted. But Jesus offers true rest—not just a break, but deep renewal for our souls. This week, we explore what it means to rest in Him and let go of burdens we were never meant to carry.

### Read Together

#### Matthew 11:28-30 (NIV)

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

### Reflection

#### Group Discussion Questions:

1. What stands out to you from Jesus' invitation in Matthew 11:28-30? How does this passage speak to your current season of life?
2. Jesus was often misunderstood—by religious leaders, the crowds, even His own followers. Why do you think people struggled to recognize who He truly was? Have you ever felt similarly misunderstood?
3. We can sometimes slip into a 'Pharisee-like' mindset—focusing on rules, performance, or striving for approval. Which of these tendencies do you relate to most?
4. Jesus invites us to take His yoke instead of carrying heavy burdens on our own. What do you think that means practically in your daily life? How can His yoke bring you freedom?
5. If true rest is found in Jesus, what are some ways we unintentionally resist His rest? What helps you trust Him more fully?

### **Personal Reflection:**

- Are you currently at rest in Jesus? If not, what is burdening you?
- Is Jesus doing the heavy lifting in your life, or are you carrying more than He intended?

### **Practical Application**

#### Challenge for the Week:

- Each day, take a moment to pause and reflect on Jesus' invitation to rest. Spend time in prayer, surrendering specific burdens to Him.
- Identify one area where you tend to strive or seek control. Take one practical step to release that to Jesus—whether it's trusting Him with a decision, stepping away from busyness, or letting go of seeking approval.
- Share with one trusted person what you are surrendering to Jesus this week and ask them to pray for you.

### **Prayer & Closing Thought**

#### Prayer Focus:

- Thank Jesus for His invitation to rest and for carrying what we cannot.
- Ask for a deeper awareness of His grace so we don't fall into striving.
- Pray for a renewed trust in Him to carry our burdens.

Jesus calls us not to a system, not to a list of rules, but to Himself. True rest is found in Him alone. This week, will you take Him at His word and truly rest in Him?

# R.E.S.T

FEB  
09

**E**VALUATE  
*Make room for God*



*Watch the sermon here!*

## Opening Question:

What does the phrase "making room for God to move" mean to you personally? Have you ever experienced a moment where you felt God was leading you to trust Him more?

## Read Together

**Exodus 14:14** – "The Lord will fight for you; you need only to be still."

**2 Chronicles 20:17** – "You will not need to fight this battle. Stand firm, hold your position, and see the salvation of the Lord on your behalf."

**Deuteronomy 20:4** – "For the Lord your God goes with you to fight for you against your enemies to give you the victory."

**Proverbs 14:12** – "There is a way that appears to be right, but in the end it leads to death."

**Hebrews 3:7-9** – "So, as the Holy Spirit says: 'Today, if you hear His voice, do not harden your hearts as you did in the rebellion.'"

## Reflection

### Group Discussion Questions:

Understanding Biblical Rest

- How is biblical rest different from simply taking time off or relaxing?
- What does it mean to trust that God is fully capable without our help?

Faith and Dependence on God

- Francis Chan's professor once asked, "What are you doing right now that requires faith?" How would you answer this question today?
- Are there areas in your life where you tend to take control rather than waiting on God? Why do you think that happens?

**Group Discussion Questions** continued**Recognizing and Overcoming Unbelief**

- The Israelites had tangible evidence of God's provision, yet they struggled to believe. How do we sometimes fall into the same trap?
- What does it look like in your life to "stand firm and see the salvation of the Lord" (Exodus 14:14)?

**Perspective Shift: Seeing God's Sovereignty**

- Consider Job 38: "Where were you when I laid the earth's foundations?" How does remembering God's greatness change how we handle our worries?
- The Israelites felt trapped at the Red Sea, but God had a plan all along. Have you ever felt "trapped" in a situation, only to see God come through in an unexpected way?

**Practical Application**Challenge for the Week:

- This week, identify one area where you will actively "make room for God to move." Commit to praying and surrendering that area to Him.
- Memorize Exodus 14:14 or another verse that reminds you of God's faithfulness.
- Share with a friend or life group member how you are choosing to step out in faith this week.

**Prayer & Closing Thought**Prayer Focus:

- Spend time in prayer, asking God to reveal any areas where trust is lacking and to strengthen your faith to rest in Him.
- Pray for courage to let go of control and make space for God to move in ways beyond what we can imagine.

# R.E.S.T

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**S**ERVE  
*Love in Action*



*Watch the sermon here!*

## Opening Question:

When have you felt most refreshed or encouraged by someone serving you? How did it impact you?

## Read Together

**Matthew 11:28-30** – 28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

**John 13:1-17** – Jesus Washes His Disciples’ Feet

## Key Idea

*Every act of service is an introduction to the person of Jesus, and Jesus is rest.*

## Reflection

### Group Discussion Questions:

1. Read Matthew 11:28-30. Jesus invites the weary and burdened to come to Him for rest. How does serving others introduce them to the rest that Jesus provides?
2. Think about the example of Brian in the sermon—how a simple act of remembering his name helped him find community and belonging. Have you ever experienced or witnessed a small act of service making a big impact? Share your story.
3. Jesus washing His disciples' feet (John 13:1-17) was a radical act of service. What stands out to you from this passage? How does it challenge your perspective on serving others?

**Group Discussion Questions** continued

4. In verse 14, Jesus says, "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet." What are some practical ways we can metaphorically "wash each other's feet" in our daily lives?
5. The sermon emphasized that serving isn't just about getting things done but about shaping a community of rest in Jesus. How can we cultivate a culture where acts of service help others find rest in Christ?
6. Jesus says in John 13:17, "Now that you know these things, you will be blessed if you do them." How have you experienced blessing through serving others?
7. Where is Jesus calling you to serve in a way that introduces someone to His rest? What is one step you can take this week?

**Practical Application**Challenge for the Week:

- Identify one practical way you can serve someone this week—whether inside or outside the church—and intentionally connect it to pointing them toward Jesus.
- Pray together, asking God to reveal opportunities to serve others in a way that introduces them to Jesus' rest.

**Prayer & Closing Thought**Prayer Focus:

- Spend time in prayer, asking God to grow your heart for people that they might rest in Jesus
- Pray for one another and seek to wash each other's feet (figurately or literally!)

# R.E.S.T

FEB  
23

T  
RUST

*Learning on God's Promises*



*Watch the sermon here!*

## Opening Question:

When was a time you had to trust God in a difficult situation? How did it impact your faith?

## Read Together

### Jeremiah 17:5-8 (NIV)

“Cursed are those who put their trust in mere humans, who rely on human strength and turn their hearts away from the Lord... But blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water.”

### Proverbs 3:5-6 (NIV)

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

### Matthew 14:22-33 – Jesus Walks on Water

## Key Idea

*True rest requires trust in God. Trusting God means surrendering control, believing in His promises, and living in faith rather than fear.*

## Reflection

### Group Discussion Questions:

#### 1. Trust and Rest

How does trusting in God lead to deeper rest?

In what areas of life do you find it hardest to trust God fully?

#### 2. The Struggle with Control

The sermon mentioned that not trusting God often leads us to overcompensate and take control. Have you seen this pattern in your life?

How can we shift from self-reliance to relying on God?

**Group Discussion Questions** continued3. Learning from Scripture

In Jeremiah 17:5-8, the contrast is drawn between trusting in human strength versus trusting in the Lord. What practical differences do you see between these two ways of living?

In Matthew 14, Peter walked on water but started sinking when he took his eyes off Jesus. How does this story apply to our daily trust in God?

4. Letting Go and Holding On

The sermon highlighted two aspects of trust: things we need to let go of (control, fear) and things we need to hold onto (God's promises, character). What is one thing you need to surrender and one truth you need to cling to this week?

**Practical Application**Challenge for the Week:

- Identify one specific area in your life where you need to trust God more. Take a practical step to surrender that to Him this week.
- Write down a promise from Scripture that reminds you of God's trustworthiness and keep it somewhere visible.

**Prayer & Closing Thought**Prayer Focus:

- Thank God for His faithfulness and promises.
- Ask for the courage to trust Him more deeply in all areas of life.
- Pray for a greater awareness of His presence, especially in times of uncertainty.