

SERIES DISCUSSION GUIDE

REST
APRIL FARMER
MARCH 1, 2026

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ICEBREAKER

- When you hear the word *rest*, what comes to mind: vacation, sleep, a nap, something else?
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MESSAGE RECAP

This weekend, April invited us into a conversation about **Rest**. Most of us don't actually feel rested. We go to bed, wake up, and still feel tired. We live in a culture driven by achievement, and for many of us, hurry and busyness have become normal. Over time, work stops being something we do and starts becoming something we are, our identity.

The big takeaway: rest isn't just a day of the week. Rest is holy and it points to a Person, Jesus Christ. Jesus is our Sabbath rest. Rest is not something you make time for, but Someone you make time to be with.

DISCUSSION QUESTIONS

1. What's one thing you do to relax (or try to)? What obstacles get in the way of your resting?
2. Read Genesis 2:2-3. What stands out to you about what God did on the seventh day? (*He blessed the day, declared it holy, and rested.*)
3. The idea of rest is counter-cultural even during the time of the Israelites. Read Exodus 1:8-14. What do you notice about how Pharaoh treated the Israelites? What did their value depend on? (*The Israelites' identity under Pharaoh was that if you don't produce, you don't matter. So work, work and work some more. Work became their identity under Pharaoh.*)
4. Read Exodus 20:8-11. What is God restoring in them through Sabbath? (*God was restoring their identity. He wants to restore our identity.*)

- What is God saying about the Israelites' identity? (*You are not slaves. You don't have to perform to earn.*)
 - What does it mean that rest is holy (set apart)? (*God made a rhythm of life to include a time for rest, so resting is to be set apart, to look different from the other days of the week.*)
5. God invites us to rest and trust in His plan for you. To trust His provision. Trust His care. Trust His plan. Trust His love. To rest says, I'm going to trust you are God, and I am not. To let go of the Pharaoh, the slave mentality, in our lives.
 - Who or what is your slave master? (*work, kids' sports team, social media, approval, finances or something else.*)
 - What does that reveal about what your identity is getting tied to?
 6. April says, "To Rest is to Trust." Why do you think trust is connected to rest?
 7. Where are you most tired? Physically? Mentally? Emotionally?
 8. Read Matthew 11:28-30. What kind of rest is Jesus offering here?
 9. Read Hebrews 4:9-11. What does it look like to enter rest with Jesus? (*Trusting Jesus is the Sabbath-rest. To enter rest spiritually means believing and trusting Jesus did it all, accepting the finished work of Jesus on the cross for your life, confessing your sin and inviting His love into your life as Lord and Savior.*)
 10. Name one thing that gives your soul rest.

APPLICATION QUESTION (*This section is designed to invite group members to reflect on and do on their own.*)

11. Practice the invitation to rest this week.
 - What's one way you will rest (spiritually or physically)?
 - What might get in the way of taking this step and what's your plan to protect this time? (*Turn off technology, silence notifications, invite family to participate, or something else.*)

CLOSING PRAYER

Your closing prayer can include:

God, Thank You for creating rest and restoring us. Teach us to live with steady assurance of Your abiding presence. Help us to trust that You're holding our lives together. Jesus, You are our Sabbath rest. Amen.

LEADERS

Encourage and attend **Worship & Prayer Night on March 5** with your group!

- Richmond & West End: 7:00 PM
- Missouri City: 6:30 PM