

HOLDING ON TO Hope

Leader Conversation Guide – Holding on to Hope: Rest

Main Idea

This week Pastor Curt continued in our series Holding on to Hope. We've spent weeks navigating anxiety, stress, and depression - which so many of us battle. This week Pastor unpacked what it means to find rest in the chaos and craziness of life. The longer we walk through life our choices begin to move from, 'is this good or bad', to 'what's good or what's better.' The choices I make will determine the person I will become. For many, more is going out of our physical and emotional tank than we are putting in.

"Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience."

HEBREWS 4:11 (NIV)

Make It Practical - God's Invitation to Rest

1. Divert daily. (Read. Matthew 6:11)
 - a. Read the Word of God.
 - b. Spend time in worship and prayer.
 - c. Think through and plan your day.
2. Withdraw weekly. (Read. Exodus 20:9-10)
 - a. Rest your body.
 - b. Recharge your soul.
 - c. Refocus your spirit.
3. Abandon annually. (Read. Ecclesiastes 10:10)
 - a. Come apart before you come apart.
 - b. Get away for a period of time. Take a vacation.

Talk About It

- Which part of this message was most impactful for you and why?
- How do you spend time with God throughout your day?
- What can you do this week to begin allowing rest into your life?

"Come apart before you come apart."

Prayer

Father, thank You for the gift of rest. Help me as I seek to spend more time in Your presence and learn to separate myself from the noise and chaos of the world around me. Holy Spirit, be my comforter and lead me in Your righteousness. Continue to guide me in the path You have set before me. In Jesus' name. Amen.

Leader Tip

Encourage Group members to join a Serve Day opportunity! Is there an opportunity you can do together as a Group? Registration for Serve Day can be found here: [SERVE DAY](#)