

SERIES: Hope-Full Living
TITLE: Busyness is a Hope Killer
SPEAKER: Pastor Steve Osborne
PASSAGE: Psalm 23, Romans 15:13, Matthew 6 :25-32,7:7-8; Proverbs 3:5,6, Ephesians 3:20-21, Philippians 4:19
DATE: May 4-5, 2024

The logo for Small Groups, featuring four puzzle pieces in a 2x2 grid to the left of the text "SMALL GROUPS".

**SMALL
GROUPS**

MESSAGE TAKEAWAY

Rest is the bridge that moves us from our kingdom to God's Kingdom.

DISCUSSION QUESTIONS

- Pastor Steve talked about the exhaustion of keeping up with the changes in our society. What is one major change you have seen since you were young either as a child or a young adult?
- Which of the burnout warning signs can you identify with?
- Pastor Steve shared three lies we buy into, *I am what I do, I am what I have, and I am what others say about me*. Which of these lies do you tend to buy into at times?
- Read Psalm 23 together as a group. How does Jesus promise rest in this chapter? What does rest look like for you? What restores you?
- Pastor Steve gave us Five Best Practices for Rest: *1. No screens, 2. Hydrate and eat well, 3. Move, decide how you are going to rest, 4. Schedule rest, 5. No phones*. How can you plan this week for rest?

NEXT STEPS:

Schedule a time this week to take a rest. Use part of the time to read the scriptures Pastor Steve gave us, Proverbs 3:5,6; Ephesians 3:20,21, and Philippians 4:19. Make a list of gratitude to help you remember that the Lord is your shepherd.