



Rest | 4-9-25

SMALL GROUP GAME: Which has more calories?

A screen where students will have to decide which food or drink item has more calories.

Our number one goal for tonight is for students to be able to identify when they can worship God through rest during their day.

HIGH/LOW/GOD THING (15 minutes)

Depending on group size, you might split into even smaller (shepherding) groups for this. Have each student go around and identify a highlight of their week, a low point from their week and where they have seen God show up in their week. This time is to help them see God around them, to celebrate when something goes well and for them to be supported when they have had a rough week. If you're short on time, let them choose one of those three to share.

SMALL GROUP DISCUSSION (45 minutes)

Rest

On Sunday, we continued our series about worship as TJ talked about rest as a form of worshiping God. Tonight, we're going to look a little closer into how we can worship God through rest in our own lives.

1. How many hours of sleep do you normally get per night?
 - a. What time do you go to bed? What time do you wake up?
 - b. Do you get enough sleep, not enough sleep, or too much sleep?
2. Based on this definition of rest, on a scale of 1-10, how "rested" do you feel?
 - a. Rest - stop work or movement in order to relax, refresh oneself, or recover strength
3. What takes up most of your time during the day?
 - a. How much free time do you have?
 - b. How much time would you say you have to rest?
4. Why do you think God values rest? Why is it important to Him?
5. Have a group member read Psalm 127:1-2 aloud.
 - a. What do you think this passage is saying? What is the meaning? How does it apply to our lives in today's world?

PSALM 127:1-2 (ERV)

*If it is not the Lord who builds a house,
the builders are wasting their time.
If it is not the Lord who watches over the city,
the guards are wasting their time.
² It is a waste of time to get up early and stay up
late,
trying to make a living.
The Lord provides for those he loves,
even while they are sleeping.*

Finding Rest

It can be difficult to find rest in such a busy world. We often get caught up things like sports and school that make it to where we barely have any time to rest or relax. But, if rest is important to God, it should be important to us. We can't continue running around busily without stopping to fill up our body's gas tank through rest.

1. For two minutes, have everyone close their eyes and sit in silence. This is an opportunity to rest and refocus.
2. After that, give them each a sheet of paper and a pen.
3. Have them write out their daily life schedule including the times and what they're doing.
4. Then, instruct them to identify time slots throughout their day when they can worship God and/or worship Him through rest.
5. Talk about how they felt about the two minutes and what they wrote on their sheets of paper.

PRAY

Take another two minutes of silence to pray as a group. If you would like, you can pray aloud after the two minutes but make sure they get the chance to pray silently first.

