



Good morning! Great to see you at church!
You should come to small group Bible study
on Monday or Tuesday to dig deeper into
what REST in God looks like!

Opening Prayer

Thank God for being present. Ask him to let his truth shine
through. Ask him to humble us so we can learn from him.

Getting To Know Each Other

When do you feel the most relaxed? How often do you get to
enjoy being relaxed nowadays?

Points to Ponder

Agree/Disagree: Stress is a good thing sometimes.

Which of these tends to be the biggest stressor in your life:
Family, Money, Work, Safety, Happiness.

Why is it so difficult to “rest in hope” as people in our culture?

What can we do to make being part of our church a place of
rest, not stress? How will you be part of that solution?

Next Steps

- I will begin every day this week by reading a chapter of
Philippians and bringing the stressors of my day to God
in prayer.
- I will go back to the Old Testament and read the story
of Joseph (Genesis 37-50).
- I write “God is bigger” on a piece of paper, take a
picture of it, and save it as the background on my
phone.

Closing Prayer Requests