



GROUP DISCUSSION HANDOUT

Series: Stop Striving

Sermon Title: Don't Stop Believing!

Pastor Kevin Casey - November 9, 2025

Scripture Focus: Hebrews 3:12–19; 4:1–11

Key Theme

Faith rests, but unbelief wrestles. God calls us not to live in pressure and performance, but to rest in what Jesus already finished. When we believe, striving ends and victory begins.

Main Points

- 1) Rest Comes by Faith, Not by Effort.
The Word only works when it's mixed with faith (Hebrews 4:2).
 - a) Faith says, "It's finished." Unbelief says, "Maybe someday."
- 2) Unbelief Steals trust and makes us try to work for what Jesus did.
Unbelief grows from:
 - A hardened heart (Hebrews 3:13–15)
 - Carnal reasoning (Romans 8:7)
 - Fear and self-reliance (Matthew 8:26)
 - The enemy's deception (2 Corinthians 4:3–4)
 - Neglect of the Word (Romans 10:17)
 - Offense or disappointment (Mark 6:3–6)
- 3) Faith Restores Peace.
When we trust God's Word above feelings, striving stops and peace returns.

Discussion Questions

1. What stood out to you most from Sunday's message?
2. Why is unbelief described as a "heart issue?"
3. Why do you think the Word helps us to understand the six roots of unbelief?
4. What does "resting in God" practically look like in your week?
5. How can the group pray for you to stop striving and start believing this week?

Scripture for the Week

“Be still, and know that I am God.” — Psalm 46:10

“There remains therefore a rest for the people of God.” — Hebrews 4:9

Takeaway

Stop striving. Start believing. Faith opens the door to God’s rest — and that’s where you find peace, confidence, and joy in His finished work.

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