

Small Group Discussion Guide

Abide – Week 1: The Secret of True Rest

Text: John 15:1-12, Matthew 11:28-30

Icebreaker

What is the most ridiculous thing you've done while overly tired?

Opening Question

Pastor Nate said, *“The life you're longing for is not found in trying harder for Jesus, but in staying connected to Jesus.”*

What stood out to you most from this week's message?

Read Together

Read The Gospel of John 15:1-12 and The Gospel of Matthew 11:28-30.

Discussion Questions

1. What does it mean to “abide” in Jesus?

Jesus uses the picture of a vine and branches to describe life with Him.

What stood out to you about this image?

What do you think it practically looks like to remain connected to Jesus in everyday life?

2. Have you experienced spiritual drift?

The message described how many believers do not intentionally walk away from Jesus, but slowly drift.

What can cause drift in your life?

What are some signs you may be living disconnected from Jesus?

3. Are you striving or abiding?

The message contrasted trying harder for Jesus with staying connected to Jesus.

Do you tend to relate to God through striving, performance, or pressure?

What would it look like to live from dependence instead of self-effort?

4. What does “rest for your soul” mean to you?

Jesus promises rest, not just relief from circumstances, but deep rest found in Him.

How is soul-rest different from simply getting a break or taking a vacation?

Where do you most need the rest Jesus offers right now?

5. “The branch does not produce life. It receives life.”

How does that truth reshape the way you think about the Christian life?

What fruit do you find yourself trying to produce in your own strength?

What might it look like to receive life from Jesus instead?

6. Pastor Nate said, “Stop trying to produce what only Jesus can provide.”

What does that statement stir in you?

Is there something you need to surrender to Jesus this week?

Where might Jesus be inviting you to trust Him more deeply?

Application Challenge

This week, practice one simple way of abiding each day:

Spend 10 quiet minutes with Jesus before reaching for your phone

Pray John 15:5 each morning: *“Apart from You, I can do nothing.”*

Notice when you shift into striving, and turn that moment into prayer

Take one burden you’ve been carrying and consciously surrender it to Jesus

Closing Prayer

Spend time praying for one another specifically in these areas:

Renewed closeness with Jesus

Rest for weary souls

Freedom from striving

Grace to abide in Christ daily

Courage to surrender areas where self-reliance has taken over