

Small Group Discussion Guide

Ruth 3 – Rest for Your Soul

Opening

Icebreaker:

What's something you do when you feel overwhelmed or stressed that *doesn't actually give you rest*, but you keep doing anyway?

(Keep this light. No fixing. Just sharing.)

Scripture Focus

- **Ruth 3**
- **Matthew 11:28–29**

Big Idea (Read Aloud)

Biblical rest isn't the absence of effort.
It's knowing who is carrying the weight.

Ruth could rest because the redeemer wouldn't.
We can rest because Jesus won't stop working on our behalf.

Discussion Questions

1. Naming the Need (Heart-Level)

In the message, we talked about *carrying things we were never meant to carry*.

- What does that look like in your life right now?
- Is there something you feel responsible for that may not actually be yours to carry?

(Leader tip: Let this stay personal. Don't rush to spiritual answers.)

2. Rest as a Place, Not Just a Feeling

Naomi sought **rest** for Ruth — a settled place, not just relief.

- When you hear “rest,” do you think more about a feeling or a sense of security?
- What would it look like for your life to feel more *settled* in God right now?

3. Ruth’s Posture at Boaz’s Feet

Ruth finds rest by placing herself humbly at the feet of the redeemer.

- What stands out to you about Ruth’s posture or approach?
- Why do you think surrender and rest are so closely connected?

4. Covering vs. Control

Ruth asked for **covering**, not control.

- Where are you most tempted to control outcomes instead of trusting God?
- How does control show up when rest is missing?

5. Jesus’ Invitation to Rest

Jesus says:

“Come to me... and I will give you rest.”

- What do you think keeps people from actually coming to Jesus for rest?
- What makes it hard to believe that Jesus delights in us, rather than being burdened by us?

Application

Invite the group to reflect silently for a moment, then discuss if comfortable:

- What is **one thing** you sense God inviting you to lay down this week?
- What would it look like to live *under His covering* instead of carrying that thing yourself?

Encourage **specific, small steps**, not big promises.

Closing Prayer Time