

## **Give It a Rest**

### **Week 2: Trust Issues**

**Objective:** To challenge us to practice trusting God by practicing sabbath rest.

#### **Icebreaker:**

What's harder for you: Saying "no" to something good, or sitting still and doing nothing productive? Why?

Read Exodus 16:19-30, Matthew 6:25-33

#### **Discussion Questions**

- The sermon said, *"We don't struggle to stop because we're busy. We struggle to stop because we don't trust God."* How did that statement hit you? Encouraging? Convicting? Frustrating?
- In Exodus 16:19–30, what do you notice about the different ways people failed to trust God with the manna?
- Why do you think God tied daily provision and Sabbath rest together in the wilderness?
- What are some modern equivalents of "hoarding manna" or "going out to gather on the seventh day"?
- In Matthew 6:25–33, Jesus tells us not to worry about basic needs. What do your worries tend to focus on?
- Jesus connects worry with "little faith." How does Sabbath challenge worry in practical ways?
- Pastor Steve said Sabbath is about formation, not just restoration. How might practicing Sabbath actually reshape your heart over time?
- What is one fear that makes it difficult for you to stop working or producing?

#### **Final Thought**

Sabbath is not just a break from work — it is a declaration of trust. Every time we stop, we are saying, "God is God, and I am not." When we learn to rest, we learn to trust. And when we learn to trust, we become more like Jesus.

#### **This Week**

Choose one intentional step toward Sabbath trust:

- Set aside a specific day or half-day to stop producing.
- Put your phone away for a defined block of time.
- Write down your biggest worry — and pray Matthew 6:33 over it.
- Practice saying: "God will provide what I need tomorrow. Today, I rest."

Be intentional. Stop. Rest. Trust.