

#### Discussion Guide — Finding Rest

### **Main Idea**

In Week Five of "In Christ Alone," Pastor Matt showed us that God always has a plan for our lives, even when hard things come our way. We have a Spirit that is praying for us, even when we don't know the will of God. He is working in all things, whether it feels like He is or not. And not only is He working, but He works it to the good of those who love Him. Remaining faithful allows you to see Him at work. The temptation is to complain, but that allows the enemy a foothold into your situation. Instead of grumbling, begin praising God and you will see a change.

### Make It Practical

- Rest in the Spirit's intercessory prayer
- Rest in God's sovereign purpose
- Rest in God's divine plan

"And we know that in all things God works for the good of those who love him, who have been called according to his

purpose."

Romans 8:28

### **Talk About It**

1. If you were honest, on a scale of 1-10, how tired are you in this season? What are the contributing factors?

2. When you hear that "God has a plan for your life" what comes to mind for you?

3. Where have you seen God take a bad situation and turn it around for your good? What was the experience like?

4. How did you respond when you heard that "in all things God works"? Does that change your perspective of God?

5. Where are you hoping for God to come through for you right now?

### **# RESCUE HOUSE**

# "In the same way, the Spirit helps us in our weakness..." - Romans 8:26

# Prayer

Father God, help us to trust in the plans that you have for us. When trouble comes our way, remind us that you work in all things. That these things will turn out for our good. In Your name, Amen.

## **Scriptures Used**

Matthew 11:28-29, Romans 8:26-30