

LIFE GROUP DISCUSSION QUESTIONS

Rest: God's Good Design And Where We Can Go To Find It

Genesis 2:1-3; Matthew 11:28-30; Hebrews 4:9

Date: Sunday, April 26, 2026

1. Pastor Nick shared, *"We have confused our identity with our activity."* Where are you most tempted to define your worth by what you do rather than who you belong to in Christ?
2. When you neglect rest, it often reveals what you truly trust in (control, productivity, approval, security). What does your current pace of life reveal about what you believe you must do to be okay?
3. The sermon challenges common "rest" like scrolling, binge-watching, or over-entertainment. Where do you tend to go for "rest" that actually leaves you more restless—and why do you think it doesn't satisfy?

