



MANNA CHURCH HAWAII - SMALL GROUP DISCUSSION GUIDE

Aug 16, 2026 | Storm Sunday - Rest and Return

ICEBREAKER QUESTION: Are you more of a “slow down and enjoy the moment” person or a “get it done and move on” person?

MESSAGE SUMMARY & SCRIPTURES:

Sometimes we can get so used to striving, working harder, and trying to make everything happen that self-reliance becomes almost as natural as breathing. We can even carry that same mindset into our relationship with God. But Isaiah 30:15 gives us a completely different way to live: “You will be delivered by returning and resting; your strength will lie in quiet confidence.” Returning means turning back to God, rest means letting go of frantic self-reliance, and quiet confidence means choosing to trust Him instead of constantly trying to control the outcome. God is not calling us to do more and try harder to prove ourselves. He is inviting us to slow down, trust Him, and walk at His pace.

Isaiah 30 shows us what happens when we refuse to listen and choose our own way. The people wanted security and comfort, so they made their own plans without consulting God (Isaiah 30:1-3). They only wanted to hear messages that made them feel good instead of truth that challenged them (Isaiah 30:9-11). But even in their resistance, God’s heart was still toward them. “Therefore the LORD is waiting to show you mercy, and is rising up to show you compassion” (Isaiah 30:18). When we cry out to Him, He is ready to help and guide us (Isaiah 30:19-20). His help does not always mean making life easy, but it means His presence and direction are available to us.

As we return to God and learn to rest in Him, He also begins to reveal the things we have been trusting instead of Him. Isaiah 30:22 talks about throwing away the idols that once looked valuable but were actually keeping us from God. Sometimes our idols are not obvious things. They can be our success, comfort, security, accomplishments, plans, or the belief that we have to figure everything out on our own. When we surrender those things and realign our hearts with God through repentance, rest, quietness, and trust, we make room for Him to bring fruit from what we are already doing. Isaiah 30:23 promises rain for the seed we sow. As we enter a new season, the invitation is simple: return to God, rest in His presence, and trust His pace. We do not have to outrun life or outwork our problems. Our strength is found in quiet confidence in

GOING DEEPER: (break up into groups of no more than 4-6 for discussion)

1. Share something that stood out to you from the message or the summary?
2. What are some things that can make it difficult to slow down, rest, or stop trying to handle everything on your own?
3. Isaiah 30:15 says that our strength is found in “quiet confidence.” What does trusting God look like for you in this season, and where are you tempted to rely on yourself instead?
4. **ACTION STEP:** As you enter this next season, where is God inviting you to **return and rest**? What is one practical thing you can slow down, surrender, or change this week to make more room for God?

PRAYER: (break up into groups of 2-3 for prayer):

Father, help us return to You, slow down, and trust You instead of relying on ourselves. Help us encourage one another to release striving and find strength in Your presence. Let our lives reflect a quiet confidence in You that points others to the peace, strength, and life found in Jesus. Amen.



MANNA CHURCH HAWAII - SMALL GROUP DISCUSSION GUIDE

Aug 16, 2026 | Storm Sunday - Rest and Return

MANNAYOUTH DISCUSSION GUIDE

ICEBREAKER QUESTION: Are you more of a “slow down and enjoy the moment” person or a “get it done and move on” person? Why?

MESSAGE SUMMARY & SCRIPTURES:

Sometimes we get so used to staying busy, working harder, and trying to make everything happen that doing things on our own starts to feel normal. We can even bring that same mindset into our relationship with God. But Isaiah 30:15 gives us a different way to live: “You will be delivered by returning and resting; your strength will lie in quiet confidence.” Returning means turning back to God. Resting means letting go of the pressure to figure everything out on our own. Quiet confidence means trusting God instead of constantly worrying about the outcome. God is not asking us to work harder to prove ourselves. He is inviting us to slow down, trust Him, and follow His pace.

Isaiah 30 shows us what happens when we ignore God and try to make our own plans. The people wanted security and comfort, so they decided what they thought was best without asking God (Isaiah 30:1-3). They wanted to hear things that made them feel good instead of truth that challenged them (Isaiah 30:9-11). We can do the same thing today. We might make our own plans for school, friendships, sports, family, or our future and only ask God to bless what we've already decided. But even when we pull away, God still wants to show us mercy. “Therefore the LORD is waiting to show you mercy, and is rising up to show you compassion” (Isaiah 30:18). When we turn to Him, He is ready to help, guide, and teach us. His help does not always mean making our problems disappear, but it means we never have to face them alone.

As we return to God and learn to rest in Him, He also shows us what we may be trusting more than Him. Isaiah 30:22 talks about getting rid of idols. For us, idols may not look like statues. They can be popularity, grades, sports, relationships, social media, comfort, success, our plans, or feeling like we have to handle everything ourselves. When we surrender these things to God and realign our hearts with Him, we make room for Him to work in our lives. Isaiah 30:23 reminds us that God brings growth in the right season. As we step into a new season, the invitation is simple: return to God, rest in His presence, and trust His pace. We don't have to outrun our problems, keep up with everyone else, or figure out our whole future today. Our strength is found in quiet confidence in God.

GOING DEEPER: (break up into groups of no more than 4-6 for discussion)

1. Share something that stood out to you from the message or the summary?
2. What makes it hard to slow down and rest? Is it school, homework, sports, friendships, family expectations, social media, or feeling like you always have something to do?
3. Isaiah 30:15 says our strength comes from “quiet confidence.” What does trusting God look like in your life right now? Where are you most tempted to handle everything on your own?
4. **ACTION STEP:** As you enter this next season, where is God inviting you to **return and rest**? What is one practical thing you can slow down, surrender, or change this week to make more room for God?

PRAYER: (break up into groups of 2-3 for prayer):

Father, help us slow down, return to You, and trust You instead of trying to handle everything on our own. Help us give You our school, friendships, family, sports, worries, and future. Teach us to encourage others and find our strength in Your presence. Let our lives show the peace and confidence that come from trusting You. Amen.