



DISCUSSION QUESTIONS

Based on the events of an average week of your life, is rest something you value?

Read Matthew 11:25-26 together.

Pastor Chris highlighted the importance of approaching God with a childlike mentality rather than relying on our own wisdom. How can we cultivate a childlike attitude in our relationship with God? What are some practical steps we can take to embrace a posture of humility and openness to learning from Him?

Read Psalm 46:1-11 together.

What's an example in your life where you have been completely overwhelmed by chaos and didn't know what to do and asked God for help? What was the outcome?

This message mentioned the transition from asking for things to asking about things when we approach God in prayer. How does this shift in perspective enhance our conversation with God? Can you share an experience when you asked about something rather than just asking for it?

How can you intentionally create moments of stillness and engage in meaningful conversation with God?

DINNER

GROUPS