

HURRY MUCH? (Week 4)

February 1st, 2026

“Finding Rest in the Midst of Suffering”

Review:

- God wants us to rest in Him.
- The world is exhausting and suffering is a result, even for believers.

1. A disciple of Jesus rests! Jesus Himself had a lifestyle of withdrawing and/or resting.

Romans 8:29 (ESV) ²⁹For those whom He foreknew He also predestined to be conformed to the image of his Son, in order that He might be the firstborn among many brothers.

Luke 5:16 (NIV) ¹⁶But Jesus often withdrew to lonely places and prayed.

Matthew 11:28-30 (NIV) ²⁸Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.”

2. The world is broken and tires us out. Struggle requires rest.

- God does use suffering at times to force us to rest.
- Sometimes it has nothing to do with correction because we are wrong, but rather it's for our protection.
- It's essential that we learn how to accept suffering because it is a part of the world we live in.

3. There are different kinds of suffering.

- Physical or mental anguish as a result of a broken body or accident.
- Waiting can be a cause of suffering.
- Trials of all kinds can come.
- **Romans 8:22-25; 1 Peter 4:12-14 (NIV)**

Hurriedness impacts discipleship.

- Program thinking—get the information through classes and then graduate.
- Skipping steps with people to get a job done, rather than focusing on growth and maturity.
- Having an agenda rather than a relationship.

God actually uses suffering for our good. Sometimes He allows us to struggle; sometimes He causes us to struggle, but it is always for our good.

- God forces us to rest at times.
- He allows us to struggle so that we will rest on Him.
- We live in a world where suffering is considered “**Always Bad!**”
- Suffering can actually protect and help us to develop character (**Romans 5:3-5 NIV**)
- It shapes us for ministry.
- It prepares us for war!
- **2 Corinthians 12:7-9 (NLT)**

James 1:2-3 (NIV) ²Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds. ³because you know that the testing of your faith produces perseverance.

4. What does “resting on” look like?

- Trusting in what God has already said, “**It is written...**”
- Persevering by looking ahead.
- Rest and yoke (**Matthew 11:28-30 NIV**).

Trusting in what God has already said.

- Notice that the devil lies: “**You're too late! Where is He? You've gone too far!**”

- Who does God say I am? Know your identity.
- Sometimes you will need help. Don't fight alone. Go to the Lord ([Ecclesiastes 4:8-12 NIV](#)).
- [Psalm 1:1-2; 2 Corinthians 10:3-5 \(NIV\)](#)

Matthew 4:4 (NIV) ⁴Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” (ref. [Deuteronomy 8](#))

Persevere with your eyes on Jesus—looking past the struggle.

Hebrews 12:2 (NIV) ²fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Looking ahead to the better country ([Hebrews 12:7-11 NIV](#))

Resting in the midst of suffering.

- A. Resting doesn't mean absence of all activity. Jesus rested in His position and condition. He was mentally at peace.
- B. What if I am suffering because I caused it due to sin or unwise decision making?
 - I bring it to the Lord and rest in the fact that I have come to the right place and that He forgives me.
 - There may be consequences, but I am not thrown away or alone in carrying them.

James 5:16 (NIV) ¹⁶Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Psalm 103:11–12 (NIV) ¹¹For as high as the heavens are above the earth, so great is His love for those who fear Him; ¹² as far as the east is from the west, so far has He removed our transgressions from us.

- C. If I am unsure why I am struggling, I will rest in the Lord.
 - It's not karma.
 - I rest on/I stand on the promises of God ([Hope, peace, joy, etc.](#)). As I look forward, He will work it out for good.
 - Example: The eagle came to rest on the tree limb.
 - [Hebrews 11:13-17; Romans 8:28 \(NIV\)](#)

FOR SMALL GROUP DISCUSSION:

Opening Question: How has the snow, ice, or frigid cold slowed you down lately? What did you do or not do?

Main Point: Sometimes we are forced to slow down due to a tragedy, illness, or a season of spiritual dryness. God may be using this situation to force us into unhurriedness.

Main Scripture: [2 Corinthians 12:1-10 \(ESV\)](#)

Head Questions:

- How did God respond to Paul's plea to remove his “[thorn in the flesh](#)”? What can we learn about God from this response?
- [Verse 10](#) lists different types of hardship. Which one would be hardest for you to remain faithful through?

Heart Questions:

- What has in your life has forced you to slow down? What did you learn through that experience?
- Do you struggle with not having all the answers for God allowing suffering? How have you wrestled, or are you currently wrestling, with this issue?

Hands Questions:

- What habits can you develop ([or are already practicing](#)) when things are going well that can help sustain you during hardship?
- What does it look like to work from your rest, rather than rest from your work? What does it mean for you to rest in Him?

Additional Scripture: [Romans 5:1-5; 2 Corinthians 1:3-7; Hebrews 12:1-4; John 9:1-3 \(ESV\)](#)

Tips and Resources:

- [The Problem of Pain](#) by C.S. Lewis