



Made for Rest

Sunday, October 11, 2026

Genesis 1:31-2:3

Optional Ice Breaker

(5-10 min) At what exact temperature do you officially declare it “sweater weather”?

Announcements

LEADERS: Please share these announcements with your Home Group!

Fall Fest: Join us for our annual Fall Fest, a fun-filled celebration for the whole family! We'll have decorated booths, candy, games, prizes, and more. Don't forget to come dressed in your favorite family-friendly costume!

Announcements

This isn't just a fun event, it's also a great outreach opportunity. We encourage every family to invite at least one friend or neighbor from outside Citizens Church to join in the celebration.

Volunteer to host a booth or help with our welcome team:

[Sign up to serve at Fall Fest](#)

Fall Serve Opportunities

[Alpha Comets Meals](#)

[Monthly Sending Prayer](#)

(October 18)

[Everyday Evangelism](#)

(November 8)

Read God's Word Aloud

Genesis 1:31-2:3 (ESV)

31 And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

1 Thus the heavens and the earth were finished, and all the host of them. **2** And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. **3** So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Discuss God's Word and God's World

Important: The goal is to use this Guide to spark sanctifying conversation and opportunities for intercessory prayer, not to “get through” every question like a checklist. Feel free to linger on the questions that best facilitate that for your group.

Start here: Take a few moments to share and reflect together on what stood out to you from this week's Bible passage and the sermon.

Made for Rest

Adam and Eve were created on the sixth day and immediately entered God's Sabbath rest on the seventh, meaning they were created in a “rest-first world” where they worked from rest rather than for rest. How does viewing work as flowing out of God's rest change how you view your weekly schedule, career, or daily responsibilities?

Discuss Together

We Are Restless

The three common distortions of rest: **“I can’t stop”** (driven by fear or pride), **“I live to stop”** (expecting a day off/vacation to fix our soul), and **“I stop, but I don’t rest”** (numbing out with phones, shows, or distractions). Which of these three traps do you fall into most often, and what do you think your soul is actually craving in those moments?

Christ Is Our Rest

In Matthew 11, Jesus doesn’t invite us to a better system or habit; He invites us to Himself (“Come to me... and I will give you rest”). How does knowing that Christ has already finished the ultimate work on the cross free you from the need to prove your value, identity, or security through your productivity?

Respond to God's Word

Confession & Repentance

The sermon calls out the subtle lie many of us believe: **“I am only loved to the degree that I am useful.”** In what areas of your life (work, family, church, or relationships) do you find yourself striving to perform or stay busy out of fear of losing approval or control? Take a moment to confess these areas of unbelief to God and one another.

Practicing the Truth

Practicing Sabbath and intentional rest is meant to remind us that God is in control and we are limited. What is **one small, concrete step** you can take this week to practice stopping and resting, whether that's putting your phone away for an hour, taking a designated rest period, or simply pausing at a stoplight to breathe and remember Christ? What fear or hurdle might you need to overcome to make that happen?

Pray Together

Finish here: Spend time discussing ways that you can encourage and remind one another of the truths from God's word throughout this next week. Pray for one another using the prayer guidance provided below.

Sanctificational Prayer Guidance

Father, teach us how to rest in You, not just when life is easy, but also when things are uncertain.

God, we are tired and weary. We ask that You would renew our strength, restore our soul, and fill us with Your peace.

Read and pray through Matthew 11:28-20 and Hebrews 4:9-11.

Family Memory Verse of the Month for October

If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.

John 8:31b-32 (ESV)