

City Group Discussion Questions

1. What immediately comes to mind when you hear the word rest?
2. What are the biggest potential reasons for anxiety, stress, worry, or being overwhelmed in your life?
3. Jesus is the source of the rest we long for. What are some ways that we try to find rest in our own effort?
4. Why is it important to know what type of “yoke” we are connected to?
5. What is the difference between “knowing” and “understanding” what it means to find rest in Jesus?
6. What is the main thing God is trying to show you today?
7. What are the next right steps you need to take, in light of this conversation about rest?

For access to “Soul Rest Resources” scan this QR code:

