



FOREFRONT SMALL GROUP STUDY

Restless Souls explores the quiet restlessness many of us carry — the sense that even when life is full, something inside still feels unsettled. Inspired by Augustine’s words, “Our hearts are restless until they rest in you,” this series invites us to rediscover simple, ancient practices like Scripture, prayer, and listening to God. As we slow down and make space for Him, we begin to move from simply believing in God to actually living with Him — and find the rest our souls have been searching for.

Icebreaker:

If you could instantly become an expert at any skill overnight, what would you choose?

DAILY WALK / NEXT STEP:

Try the ancient three-pause rhythm this week:

Morning — Orient

“God, you’re here. I’m here. Help me see today through your presence.”

Midday — Notice

Where did I feel close to God today?
Where did I feel distant?

Evening — Release

What am I carrying that I need to give back to God?

Start with just two minutes each time.

GROUP STUDY

3.15.26:

Read: Matthew 6:5–13

Philippians 4:6–7

1. When you hear the phrase “pray without ceasing,” what has that meant to you in the past?
2. What has your personal experience with prayer been like over the years?
3. Josh described prayer as an orientation toward God rather than a task. What difference do you think that perspective could make?
4. Why do you think many people struggle to be honest with God in prayer?
5. Which part of the sermon resonated with you the most?
6. The Desert Fathers talked about stillness revealing what we’ve been avoiding. What do you think that means?
7. How might prayer change us over time rather than just changing our circumstances?

Looking Ahead to Next Sunday:

TOPIC: “Speak, Lord” – The Discipline of Silence and Solitude

1 Kings 19:11–13; Mark 1:35; Psalm 46:10

Have questions about this study or about Forefront Church? You can contact evan@forefront.org and our team will help you.