



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:

What’s a sound you didn’t notice for a long time... but now you can’t un-hear once you noticed it?

(Example: a clock ticking, a fridge humming, someone’s laugh, etc.)

DAILY WALK / NEXT STEP:

For the next 7 days, before you check your phone in the morning:

- Sit in silence for 2 minutes
- Take a breath
- Pray: “Speak, Lord. I’m listening.”

That’s it. No pressure to feel anything. Just show up—and let God meet you there.

Check out this week’s devotion to continue learning about this topic.

GROUP STUDY 3.22.26:

Read: 1 John 4:10, John 10:27, Deuteronomy 30:11-12, 14 & 20, 1 Samuel 3:7& 9, Psalms 46:10, Matthew 6:6

1. When you think about “hearing from God,” what has your experience been like so far?
2. What are some of the biggest distractions in your life right now that make it hard to slow down?
3. Have you ever had a moment where something just felt clearly right or clearly off? What helped you recognize that?
4. Why do you think it’s easier to rely on other people’s faith instead of building your own firsthand relationship with God?
5. What do you think the difference is between being physically quiet (silence) and internally calm (stillness)?
6. Where in your daily routine could you realistically create even 2–5 minutes of intentional stillness?
7. What would it look like for you personally to begin practicing, “Speak, Lord, I’m listening”?

Looking Ahead to Next Sunday:

TOPIC: “When Praise Turns to Pressure”
Luke 19:28–44

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