



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.

If your soul had a “weather report” this week, what would it be?

- ☀️ Sunny and steady
- ☁️ Partly cloudy
- 🌧️ Drizzle of stress
- ⚡️ Full thunderstorm
- 💨 Windy but hopeful

Explain your forecast.

DAILY WALK / NEXT STEP:

Practice Lectio Divina 3 times this week with one short passage (Psalm 23 or Luke 15 are great places to start).

- Read slowly.
- Notice what catches.
- Sit with it.
- Respond honestly.
- Rest quietly.

No timer. No streak. No pressure.
Just show up and listen.

GROUP STUDY

3.8.26:

Read: **2 Timothy 3:16-17**; **Psalm 1:1-3**

1. When you hear the word “restless,” what comes to mind in your current season of life?
2. How would you describe the picture of God you tend to carry — close or distant, patient or frustrated, gentle or demanding?
3. Where do you think that picture came from? Experience? Teaching? Culture? Something else?
4. How does your view of God influence the way you handle stress, failure, or conflict?
5. What has your experience with reading the Bible been like — encouraging, intimidating, confusing, life-giving?
6. What do you think it means to “listen” to Scripture instead of just reading it?
7. If you truly believed God delights in you and moves toward you, what might change in your daily life?

Looking Ahead to Next Sunday:

TOPIC: “The Conversation That Changes Everything” – The Practice of Prayer
Matthew 6:5-13; Philippians 4:6-7

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