WEEK 4 Dec. 18, 2022

God's Way:
Prioritizing Rest

# Rest is the way forward

## Opening Series Thought

Why should we prioritize rest?

## Opening Question

Is it a challenge to find rest in your life right now?

## Open in Prayer

**Read together: Hebrews 4:1-16**

## Study the Passage

- What stands out to you about this passage?
- What further questions do you have about this passage?
- How do you think this passage might apply to us today?

## Reflect & Share

- If God promised rest, why might it be hard to hold Him to it?
- Has anyone ever modeled rest well for you?
- How would you explain the difference between rest and laziness?
- How is rest an act of surrender?
- What are some ways you can better "prepare" for rest?

## End in Prayer

Icebreakers, Groups Support, FAQ