

GOD'S INVITATION

Ice Breaker

When was the last time you slowed down long enough to just rest in God's presence?

Main Text:

Psalm 46:10, Isaiah 40:31, Revelation 2:4–5

Guided Scripture + Discussion Flow

- For each section, read the Scripture aloud, ask: “What does this say about God?” before “What does this mean for me?” Move to personal application: “How does this truth reshape my situation?” Use the discussion prompt to guide sharing.
- Part 1: Rest – Psalm 46:10
 - What this shows us about God: He is sovereign and exalted.
 - What this means for us: Rest is trust—laying down striving and focusing on His power.
 - [Discussion Prompt] If God is truly in control, what would it look like for you to rest in that truth this week?
- Part 2: Reset – Isaiah 40:31
 - What this shows us about God: He renews the weary and strengthens His people.
 - What this means for us: Reset comes by surrender—releasing weakness so He can refresh us.
 - [Discussion Prompt] How do you see God's strength described here? Where do you need His reset—physically, emotionally, and/or spiritually?
- Part 3: Reconnect – Revelation 2:4–5
 - What this shows us about God: He desires our love and calls us back when we drift.
 - What this means for us: Reconnection means remembering, repenting, and returning to Him.
 - [Discussion Prompt] What first love is Jesus talking about here? What practical step can you take this week to reconnect with Him?

Share prayer requests and close in prayer.

Icebreakers, Groups Support, FAQ

