

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step. If you're leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- What's the most relaxing vacation you've ever had? What made your vacation so relaxing?

**With your Bible or YouVersion, read Genesis 4:11-12 and Ecclesiastes 2:22-23.**  
These verses talk about the curse of the restless soul.

- How restless is your soul? What do you think may be causing your restlessness?
- The restless soul is searching but never finding. What things is your soul currently searching for?

**Read Psalms 62:1 and Matthew 11:28-29.**

These verses show us that the only place our souls can find rest is in God alone.

- What's keeping you from finding rest for your soul in God?
- What steps will you take to find rest for your soul in God?

**Read Psalms 46:10, Psalms 131:1-2, Psalms 130:4-5, and Psalms 116:7-9.**  
These passages from Psalms show us ways we can find rest in God.

- What do you think it means to "Be still, and know that I am God"?
- We find rest in God when we wait for Him. What are you waiting for God to do? How patient are you being?
- We find rest in God by reflecting on God's goodness. What are some ways you've experienced God's goodness?

## DAILY BIBLE READINGS

As you take your steps to finding rest for your soul in God, take time to read the following Bible passages this week. This week's readings discuss the restless soul and the ways you can find rest in God.

**Day 1:** Genesis 4:1-12 and Ecclesiastes 2:17-26

**Day 2:** Ecclesiastes 5:1-20

**Day 3:** Psalm 62:1-12 and Matthew 11:20-30

**Day 4:** Psalm 46:1-11 and Psalm 131:1-3

**Day 5:** Psalm 37:1-40

**Day 6:** Psalm 23:1-6 and Psalm 130:1-8

**Day 7:** Psalm 116:1-19

## NOW AVAILABLE FOR LIFEGROUPS



RESTORE is a learning experience designed for LifeGroups to help you better understand the most effective ways to help hurting people. We have good intentions, but we can end up hurting those we set out to help. This three-part learning experience will challenge your group to reconsider how to help others without hurting them. Visit [go2.lc/restore](http://go2.lc/restore) to view the RESTORE videos and download the participant guides for your LifeGroup.