

“Be Still: Rest”

Growth Group Guide

February 1, 2026

WELCOME (Connecting with each other)

Discuss this quote from Watchman Nee, “The Christian Faith begins not with a big DO but with a big DONE...at the very outset [we are] to rest and enjoy what God has done; not to try to attain it for ourselves.”

WORSHIP THROUGH PRAYER (Connecting with God)

Read the prayer below, and as you do, notice the word “rest” throughout. Praise God we have a real rest IN Him.

“[God] Thank you for the day when I let go of the whole burden of my sins and **rested** on the atoning work of Christ—on the total payment He made for me on the cross...And thank You that today, in that same simple way, I can let go of the whole burden of my life and service...of my marriage, children, and all my relationships (past, present, and future), of my inadequacies and my self-dependence, and **rest** on Your presence working in me through the Holy Spirit. How good it is to transfer these burdens from my shoulders to Yours, and to **rest** on You to work in me and for me and through me! I praise you for the gracious way You infuse me with inner strength through Christ...that I can go forth praising and at **rest**, believing You and obeying You and ceasing from the burden of trying to manage myself without Your wisdom and power...” (Myers, Ruth. 31 Days of Praise, Day 29. Kindle.)

WORD (Letting God speak to us)

1. We’re halfway through the Be Still series. We’ve discovered that being still includes listening, waiting, watching, meditating, and resting. What has resonated with you so far and will stick with you as you grow in being still?
2. What has been your opinion of resting as it relates to yourself? How have others around you modeled good or not so good rhythms of rest, physically, mentally, emotionally, and spiritually?
3. Naomi and Ruth had lost their husbands and were attempting to survive. How do you think they lived? Do you think rest was very possible? **Read Ruth 3:1 in the ESV**. What does Naomi want for Ruth? How does this inform us about their experience?
4. Paul in Galatians 4:24a helps us know that the Old Testament isn’t just a history lesson, but the histories include pictures of spiritual truths. Ruth is a picture of a person who is moving through their salvation experience. Boaz is a picture of Jesus. Ruth presents herself to Boaz for redeeming. This pictures what happens when someone gives themselves to Jesus for redeeming and saving. **Read Ruth 3:18 in the DARBY translation** if possible. From this verse, what is Ruth to be doing, and what is Boaz doing?

5. Now read John 19:30 and Ephesians 2:8-9. How do Ruth and Boaz picture what these verses are saying?
6. Our world is bent toward working, earning, and performing. How does living in that environment have a detrimental impact on our salvation experience and then also living as Christians?
7. **Read Hebrews 4:9-11 in the PHILLIPS translation.** There are a lot of wonderful things shared in these verses, what jumps out to you? What is the most important thing the writer wants us to know about our relationship with Jesus and life as Christians?
8. In the creation account, Genesis 1-2:3, we learn that the first full day of Adam and Eve’s lives is a day of rest. Also, the Hebrew day goes from sunset to sunset, so the time when we rest/sleep is when the day begins. It’s pretty clear we are created to live daily out of a foundation of rest. How might this change our approach to living, understanding God’s rhythm to life is different from the worlds?
9. Adam and Eve in the Garden, and Ruth following her marriage to Boaz, are pictures of working from a position of restedness. How might your daily activities look different if done from a position of rest? **Read Isaiah 30:7b KJV and Philippians 2:13 NLT**. How do these verses add to this conversation?
10. Rest comes from knowing what God has done. We spent the majority of last year looking at what God has done for us in the Christ in Us, Together with Christ, and Us in Christ series. Can you remember one thing from those series that moved you from a do it/earn it mentality to a “God’s done it/I’m resting in it” mentality?

WALK (Living out God’s purposes)

- ✓ **One Big Idea: To be still is to rest in what God has done, rather than trying to earn it.** Where do you desire to grow deeper or live more freely in what God has already done for you? Focus on your one or two truths, be still with God and see what He has for you and how He might help you live with more of a “I’m resting in it” mentality.
- ✓ Consider reframing your days this week, with Jesus as your Guide and Source, as the Hebrews did with the evening beginning your day so you move from rest to restful work and ending with rest again. Talk to him throughout and see what he might show you.

WORLD (Embracing God’s heart for others)

A note from Haitian Christian Mission: “As we begin a new year, we want to thank you for standing with [us]. Your prayers, love, and generosity continue to bring hope where it is needed most.” 2025 highlights for HCM were: 1) Christmas services and gatherings. The message of Christ’s birth reminded everyone that God is still present and faithful no matter the circumstances. 2) The new school term began on January 6th. 3) More than 70 leaders attended the “A New Beginning with God” training. 4) People continue to give their lives to Jesus and are being baptized! (January 9 2026 Newsletter.)

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