

WEEK 4

DISCUSSION GUIDE

focus

It's not easy to stay focused. Especially these days, when we're connected to a never-ending stream of new notifications, ads, messages, videos, posts, and entertainment, it makes sense if we feel a little distracted sometimes. Maybe you've struggled recently to stay focused on your homework, or on the story your friend was telling you, or on the movie you were watching — but have you ever struggled to stay focused when you were spending time with God? In this four-week series, we're going to get honest about how difficult it can be to stay focused when we're trying to pray, read the Bible, or grow in our faith. Each week, we'll explore passages from Psalms and the Gospels as we challenge ourselves to focus on practicing four spiritual disciplines that can help us grow. Together, we'll try focusing on **what God has said**, on **giving something up**, on **talking to God**, and on **rest**.

THIS WEEK

BIG IDEA

Focus on rest.

BIBLE

Mark 6:30-32; Psalm 23:1-6;
Exodus 33:14

QUESTIONS

- If you could spend a whole day however you wanted, what would you do?
- On a scale of 1-10, how stressed do you think you are right now? On a scale of 1-10, how rested do you think you are right now?
- When you're stressed or tired, how does it usually impact you and the people around you? What about your relationship with God?
- If you were more focused on practicing rest, how do you think it could help your relationship with God grow?
- How can we tell the difference between times we really need to rest and times we're resting to avoid something we don't want to do?
- In the last week, what are some things that have made you feel stressed, exhausted, or overwhelmed?
- When you're feeling stressed, exhausted, or overwhelmed, what helps you feel rested again?
- How do you think you could find the rest you need right now? Do you need to make some changes to your routine, do you need God to intervene, or both?
- Has God ever helped you rest by giving you peace, comfort, or hope when you really needed it? What happened?
- Read Exodus 33:14. This week, what's one way you plan to focus on rest?



Share your habit stacks with each other! See if anyone has identified a habit stack that would be helpful to someone else in the group.