



LIFE GROUP DISCUSSION GUIDE



FEBRUARY 15, 2026

Dive In (10 Minutes)

Go around and let everyone share...

What is one project, chore, or hobby in your life right now that feels like it will *never* be truly finished (laundry, a work project, parenting, a fitness goal)? How does that "unfinished" feeling affect your ability to relax?

Dig Deep (40 Minutes)

Read Genesis 2:1-3 aloud.

- In verse 1, it says the heavens and earth were "finished." Why do we struggle to believe that God's provision for us is "complete?" Where in your life are you still trying to "add" to what God has already provided?
- God "blessed" the seventh day and made it holy. This is the first thing in the Bible called "holy"—not a building or a person, but *time*. What does it say about God's heart for us that He built "resting" into the very fabric of the universe?
- The word "rest" here (*shabat*) implies a ceasing from work because the work is done. If you truly believed that your "Origin Story" is rooted in a "finished work," how would that change the way you approach your life?
- Hebrews 4:9–10 speaks of a rest for the people of God. In what areas of your spiritual life are you still "working" to get God to like you, rather than resting in the fact that He already loves you?
- We often say, "I'll rest when X is done." However, in the Kingdom of God, we rest because *He* is done. How can "resting in Jesus" become a weapon against the stress and burnout of your daily life?



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Do Big (15 Minutes)

- If "rest" is a declaration that what God has given is enough, what is one statement you need to tell yourself this week ("My paycheck is enough," "My progress is enough," "His grace is enough.")?
- In what ways can you abide in the rest that Jesus provides, this week?