



CONNECT GROUP GUIDE

“Are you tired?”

Stand alone: Mother’s Day Message

Ice breaker question:

Are you tired and why?

Reading and Discussion:

This week’s message was directed mainly towards mothers, however the scriptures and points can be applied to everyone of us. Life can have a tendency to wear us out if we let it. Many of us are just tired. Many of us need to rest! Well the good news is that school is ending and summer is here! Hopefully we can all get the physical rest that we need, but we also need to rest spiritually. How do we do that?

1. REST- Read Exodus 33:12-17, Matthew 11:28-30

What stands out to you in this passage?

In what ways can we find rest in Jesus?

How can we trust in God’s leading even when we face uncertainty or challenges in our lives? (answer- God’s promises are true. He is faithful).

What is God’s promise in both of these passages?

2. RENEW- Read Isaiah 40:28-31

What stands out to you in this passage?

What is the promise in this passage?

How does relying on God’s strength rather than our own impact our daily decisions and actions?

How can we encourage one another to trust in God’s strength and renew our strength in Him?

3. REFLECT- Read Philippians 4:8

What stands out to you in this passage?

What challenges do you face in maintaining a mindset that reflects the virtues outlined in this verse, and how do you overcome them?

Are there any practical steps or strategies you've found helpful in implementing the principles of this passage into your daily routine?

Journaling is a great way to reflect on God. Here are some questions to ask yourself as you are journaling:

1. Do I believe God is who He says He is?
2. Do I believe God will do what He says He will do?
3. Do I believe we are who God says we are?
4. Do I believe I can do all things through Him who strengthens me?
5. Is God's word alive and active in my life? Am I walking out my talk?
6. Am I abiding in Him?

Important announcements:

Baptism Sunday will be on May 26th. If you are interested in getting baptized, please let Pastor Stanley know.

