



RESTLESS

SMALL GROUP QUESTIONS

WEEK ONE

THE ANXIOUS GENERATION

SUMMARY

We're living in an anxious age—and most of us don't need convincing of that. We feel it in our bodies, in our thoughts, in the constant pressure to keep up, stay informed, and somehow hold everything together. Many of us feel unsettled in our souls, and it's more than just busyness.

Anxiety has a way of whispering a quiet lie: "If I could just control a little more, I'd finally have peace." But the more we try to control, the more restless we become. Control promises peace, yet it quietly shifts the weight of the world onto our shoulders—a weight we were never meant to carry. And the tighter we grip, the more our soul's strain under it.

Jesus offers something entirely different. He doesn't say, "Come to me and I'll fix all your circumstances." He says, "Come to me... and I will give you rest." Not because everything around us changes, but because something within us does. Peace, in the way of Jesus, isn't found in gaining control over our lives—it's found in surrendering our lives into the presence of the One who is already in control. This is an invitation into a different reality—a life where your soul can be steady even when your world is not.

CONNECTION

- Where have you felt the most anxiety or pressure this past week?
- When do you tend to feel “on edge” or mentally overwhelmed?

EXPLORATION

- Why does having control seem so closely tied to feeling at peace?

READ MATTHEW 11:28–30

- From the sermon, or text, what deepened your understanding, or helped you see something different than you had before?
- When Jesus says, “Come to me... and I will give you rest,” what stands out to you most about that invitation?

REFLECTION

- What keeps you from surrendering your anxiety to Jesus?
- Do you believe peace is possible for you—or does it feel out of reach?

APPLICATION

- How could you practically come to Jesus in moments of anxiety (or help someone close to you who is) this week?

WEEKLY PSALM: PSALM 143

If you're feeling overwhelmed, anxious, or mentally exhausted this week, pray Psalm 143 slowly. Let it give language to what you're feeling and let it lead you back to trust in our God who is in control of all things.

SPIRITUAL PRACTICE

Don't try to eliminate anxiety this week, practice bringing it to Jesus, through this prayer practice:

1. Name It: Identify what's actually making you anxious (be specific).
2. Release It: Pray "Jesus, I give this to you. I don't need to carry what you already hold."
3. Receive: Sit for 60 seconds and simply breathe slowly, repeating: "You are with me."

CLOSING PRAYER

Before you go, take a few minutes to pause and pray. Thank God for your time together and ask for his continued work in your life this week.

WEEK TWO

THE LONELINESS EPIDEMIC

SUMMARY

Have you noticed you can be surrounded by people constantly texting, scrolling, interacting and still carry this quiet ache: Does anyone really know me? Would anyone notice if I was gone?

Loneliness isn't just about being alone, it's about being unknown. And there is this deep paradox within the human soul: we long to be fully seen, yet we're afraid of being fully known. So, we protect ourselves and stay surface-level as much as we can. We talk about the weather, the school schedule, or our hobbies. We avoid vulnerability and to make ourselves feel better, we convince ourselves that self-reliance is strength.

However, from the very beginning, God said: "It is not good for man to be alone" and that was before sin even entered the world—before anything was broken.

That truth is both beautiful and unsettling. It means your longing for connection isn't weakness—it's by design, and yet, the very thing we long for is often the thing we fear and avoid.

One of the beautiful things about the story of Scripture, from Genesis to Revelation, is that we see a God who not only sees us in our loneliness, but he also steps into it. Jesus is the one who knows you fully and loves you without requiring you to perform or pretend.

And then he does something completely unexpected—he invites us into a community where we can be known by others and where we can do the work of helping others feel belonging too. The church is the place (well, supposed to be the place) where people can come out of hiding and step into a community that accepts, loves, and protects.

Of course, those relationships won't be perfect or easy—but they are meant to be real. Because the life Jesus offers isn't just less lonely—it's a life where you are truly seen, known, and loved by him and his church.

CONNECTION

- When have you experienced loneliness most acutely?
- Alternatively, have you ever experienced a moment where you felt truly known? What made that different?

EXPLORATION

- Why do you think it's easier to stay at surface-level rather than be deeply known?

READ GENESIS 2:18-20

- From the sermon, or text, what deepened your understanding, or helped you see something different than you had before?
- In Genesis 2:18, God says, “It is not good for man to be alone.” What does that reveal about how we were designed?
- Psalm 25:16 says, “I am lonely and afflicted.” Why is it significant that this is something we’re invited to say to God?
- In a passage like Hebrews 10:24–25, we’re told to “consider how we may spur one another on toward love and good deeds... not giving up meeting together.” What does this reveal about how following Jesus was always meant to be lived?

REFLECTION

- How are you choosing independence over connection?
- Are you waiting for people to pursue you, or is there a step you could take toward pursuing others?

APPLICATION

- Who is one person you could intentionally move toward this week?
- What would it look like to be slightly more vulnerable in one relationship?

WEEKLY PSALM: PSALM 25

If you’re feeling alone this week, Psalm 25 gives you permission to be honest about it—and invites you to bring that loneliness to God instead of hiding it.

SPIRITUAL PRACTICES

1. Invite someone to lunch: Don't overthink it—just take one step toward someone this week. You don't find deep community—you form it. One conversation at a time.

2. Be known (just a little more): Share one honest thing instead of giving the polished answer. Ask someone a meaningful question instead of staying surface-level. Intentionally follow-up with someone instead of letting the need they shared fade.

CLOSING PRAYER

Before you go, take a few minutes to pause and pray. Thank God for your time together and ask for his continued work in your life this week.

WEEK THREE

PEOPLE PROBLEMS

SUMMARY

By now, most of us would probably agree—life would be a lot easier... if it weren't for people. After all, people are difficult. They misunderstand you. They frustrate you, hurt you, and drain you.

When we have these experiences, we tend to go in one of two directions: We either avoid people, or we become reactive toward them. We withdraw or we escalate.

But neither leads to the kind of life Jesus offers. Here's the difficult truth many of us don't realize: even if you remove difficult people from your life, you don't remove the impact they've had on you. You can still carry frustration, resentment, bitterness, and anxiety. Because people problems aren't necessarily just about them—often they reveal something about you.

Which means the real question isn't: "How do I deal with difficult people?" It's: "Who am I becoming in the presence of difficult people?"

Romans 12 says: “Do not be overcome by evil, but overcome evil with good.” In other words, don’t let what’s wrong around you shape what’s happening within you. And this is where the way of Jesus is so different. Jesus doesn’t just call us to endure difficult people—he forms us into the kind of people who are not controlled by them.

The way of Jesus is calm instead of reactive. It’s grounded instead of defensive. Ever notice when you read the Gospels how Jesus seems to always be present and never anxious, bitter, or resentful? (Although he does show frustration at humanity’s hard-heartedness occasionally...)

But on the whole, he is the model of what it means to be a non-anxious presence. We follow the way of Jesus and live the kind of life that isn’t fixed by fixing everyone else—it’s found by being formed more like Jesus.

You can’t control who people are, but you can grow into someone who isn’t controlled by them. And that’s where our soul truly finds rest.

CONNECTION

- Without necessarily naming names, who is or has been a difficult person in your life?
- Who do you become when you’re around that person?

EXPLORATION

- Do you tend to avoid difficult people or react to them? Why?

READ ROMANS 12:17–21

- From the sermon, or text, what deepened your understanding, or helped you see something different than you had before?
- In Romans 12:17–21, what stands out to you about how we're called to respond to difficult people?
- What does it mean to “leave room for God's wrath?” How does that potentially help with frustrating situations or people?
- What do you think it means to “not be overcome by evil, but overcome evil with good”?

REFLECTION

- In what ways are you currently being controlled by someone else's behavior?
- What emotions tend to take over for you when conflict or tension arises?

APPLICATION

What is one practical way you could respond more like Jesus the next time tension shows up in a relationship that's challenging?

WEEKLY PSALM: PSALM 37

If you're frustrated, irritated, or even angry at someone this week—Psalm 37 helps re-center your soul so you're not consumed by it.

SPIRITUAL PRACTICE

When tension rises this week:

1. Pause: Don't respond immediately.
2. Notice: "What am I feeling right now?" (anger, defensiveness, anxiety)
3. Pray: "Jesus, help me respond from who you are forming me to be, not just what I'm feeling."
4. Respond: Then choose to respond, not just react.

CLOSING PRAYER

Before you go, take a few minutes to pause and pray. Thank God for your time together and ask for his continued work in your life this week.

WEEK FOUR

DECISION FATIGUE

SUMMARY

Some of us aren't just tired, we're mentally exhausted. Not because we're doing too much physically, but because we're carrying the constant pressure of trying to make the right decision.

What should I do? What if I don't choose the right thing? What does God actually want?

Have you ever felt this type of pressure? A big decision looms for you: around a relationship, a career choice, a living situation, and you just think, If I mess this up... I might miss God's will for my life.

That fear drives us to overthink. It puts our souls in a place of second-guessing, delay, and low-grade anxiety, because we feel that we're one bad decision away from ruining our lives.

That might be a bit overstated, but as a pastor I see people stuck in those places all the time.

But what if that's not how God works? What if God's will isn't a tightrope you have to walk perfectly— but a relationship you're invited to walk in?

Proverbs says: “Trust in the Lord with all your heart... and he will make your paths straight.”

Notice God doesn't say you have to figure everything out or make sure you get every decision right. He says to trust him. Following Jesus isn't about constant anxiety over decisions—it's about growing in relationship with the the one who leads you.

Psalm 61 gives us language for what many of us feel: “When my heart is overwhelmed, lead me to the rock that is higher than I.” That's the shift our souls desperately need. Not “God, help me get this perfect” but “God, lead me somewhere steady.” And when you walk closely with him, you don't have to live in analysis paralysis by every choice. You can move forward with peace in him.

Decision fatigue comes from believing your life depends on getting every choice right. Peace comes from knowing your life is held by a God who leads.

CONNECTION

- What kinds of decisions tend to drain you the most right now?
- When you're feeling drained, do you rush decisions or avoid them? Why?

EXPLORATION

- When you think about “God's will” what comes to mind?

READ PROVERBS 3:5-6

- From the sermon, or text, what deepened your understanding, or helped you see something different than you had before?
- In Proverbs 3:5-6, what do you notice about the connection between trust and direction?
- Psalm 61:2 speaks of being “overwhelmed” and asking God to “lead me.” Looking at that verse, how would you describe the balance between our responsibility and God’s role in guidance?
- In John 10:27, Jesus describes sheep who listen, are known, and follow. What does this tell us about how Jesus guides us today?

REFLECTION

- Where are you currently overthinking or feeling indecisive?
- When you are stuck or overthinking a decision, what fear is underneath that for you? (fear of failure, missing out, disappointing God?)

APPLICATION

- What is one decision you are facing that you could give to God in trust and not lean on your own understanding?

WEEKLY PSALM: PSALM 61

If you’re feeling overwhelmed or unsure what to do this week, Psalm 61 gives you a simple prayer—not for perfect clarity, but for steady guidance.

SPIRITUAL PRACTICE

The next time you need to make a decision this week:

1. Pause: Don't decide immediately. Create space.
2. Pray: God, I trust you. Please lead me.
3. Pay Attention: Is this decision being driven by fear—or trust?
4. Proceed: Take the next step in peace, not pressure.

CLOSING PRAYER

Before you go, take a few minutes to pause and pray. Thank God for your time together and ask for his continued work in your life this week.

WEEK FIVE

MONEY PROBLEMS

SUMMARY

“Mo’ money, mo’ problems,” right? Well, sometimes. For many of us money is tied to our security and our freedom. It’s the source of our comfort, and at times it gives us a false sense of control.

No matter how much we have it often feels like it’s not enough. All of us tend to look around and compare ourselves to those around us—specifically those “above” us on the financial hierarchy.

For many, money is a constant source of worry about our future. We feel behind and pressured to keep up. We’re overwhelmed by too much debt or a lack of retirement, feeling like we’re barely scraping by each month. Underneath all of it is this quiet belief: If I just had a little more... I’d finally feel at peace.

But the problem is—more doesn’t fix that feeling. The issue is never what we have; it’s about what we trust.

In 1 Timothy 6:6, Paul writes: “Godliness with contentment is great gain...” Not more money, more stuff, or even more physical security. Just contentment.

Real contentment isn't found when you finally have enough—it's found when you realize God is enough. Psalm 23 says: "The Lord is my shepherd, I lack nothing." Do you believe that? That if the Lord is watching over you, you already lack nothing?

Based on how many of us live with a scarcity mindset, I'm not sure we do.

But when God is your shepherd, you're no longer living from scarcity—you're living from a place of trust and abundance. And that kind of life is exactly where true rest for our souls begins.

CONNECTION

- How did your upbringing shape the way you think about money?
- When do you feel the most financial pressure or stress?

EXPLORATION

- What does enough look like to you? Has that definition changed over time?
- How does comparison affect your sense of contentment?

READ 1 TIMOTHY 6:6-10

- From the sermon, or text, what deepened your understanding, or helped you see something different than you had before?
- Verse 6 says, "godliness with contentment is great gain." In a culture that constantly tells us we need more, why do you think contentment is so difficult to actually attain?

- Paul warns that “those who want to get rich fall into temptation...” (v. 9). What do you think he means by “wanting to get rich”—and how might that show up in subtle ways in our lives?
- Verse 10 says, “the love of money is a root of all kinds of evil.” How can you tell the difference between simply using money... and placing your trust in it?

REFLECTION

- What fears surface when you think about money or the future?
- Where are you currently placing your trust—God or your financial situation?

APPLICATION

- What would it look like to trust God with your finances this week in a tangible way?
- Is there one step (generosity, simplicity, or gratitude) you feel prompted to take?

WEEKLY PSALM: PSALM 23

If you're feeling anxious about money, provision, or the future this week, Psalm 23 reminds you that your security isn't found in what you have—but in who you trust.

SPIRITUAL PRACTICE

1. Reflect: Where do I feel like I don't have enough?
2. Reframe: What has God already provided?
3. Gratitude: Name three specific things you already have that you are thankful for.
4. Trust & Pray: "God, you are enough. Help me trust you with what I have."

CLOSING PRAYER

Before you go, take a few minutes to pause and pray. Thank God for your time together and ask for his continued work in your life this week.