



Pastor Sol Rexius — April 19<sup>th</sup>, 2026

If you would like to watch the weekend message, visit [www.frontrange.org/messages](http://www.frontrange.org/messages)

This is only a guide. Feel free to discuss each of the questions provided or simply dive deeper into just one.

**Scriptures:** Psalm 23:2, Matthew 11: 28-29, John 10:11

### Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

1. What did you hear? What point in this message was most impactful for you?
2. What do you think? How did this message challenge, change, or affirm your thinking?
3. What will you do? How will you or your group put into practice what you've learned today?

### Message Points/Extra Questions

1. Ice Breaker: What's one thing that helps you feel rested or refreshed?
2. What stands out to you about the phrase "He makes me lie down"? Why do you think David describes it this way?
3. Why is rest so difficult for many people today?
4. Do you feel like you're currently living from a place of rest... or running on empty?
5. Have you ever experienced a season where God "forced" you to slow down? What did He teach you in that time?
6. Where do you usually go when you feel overwhelmed? Do you tend to run toward God, away from Him, or just distract yourself?
7. The Psalm says He leads me. Why is it important that God is the one leading, not us?
8. Which of the four refreshment areas from the sermon do you most need right now? Rest, Music/Worship, Friends/Community, The Gospel
9. Why do you think isolation is so spiritually dangerous?