



## Rest Stop – Week 5

### DISCUSSION GUIDE

#### Overview

In this message of the series entitled, *Road Trip: Navigating Life's Relationships*, we will learn how to experience rest by fully allowing God to be our Source.

#### Discussion Questions

Only God can preserve us and provide for us.

**"...we do not know what to do, but our eyes are on You." (2 Chronicles 20:12)**

**"And He said to them, 'The Sabbath was made for man, and not man for the Sabbath.'" (Mark 2:27)**

We cannot find rest until we trust.

- Why is it important that we understand that only God can preserve us and provide for us?
- How can putting your trust in God impact your rest?

1. God is our Source.

**"...Israel came into the Wilderness of Sin, in between Elam and Sinai..." (Exodus 16:1)**

**"The LORD said to Moses, "I will rain bread from heaven for you." (Exodus 16:4)**

- Share a time when you've seen God's faithfulness as your Source.

Seasons change, God does not change.

**"...I am the LORD, I do not change; therefore you are not consumed."  
(Malachi 3:6)**

- Give an example of how you can remain consistent in your relationship with God when seasons change.

2. God is our Source of instruction.

**"...the people shall go out and gather a certain portion every day, that I may test them, whether they will follow my instructions." (Exodus 16:4)**

**"Trust in the LORD with all your heart, and lean not to your own understanding; In all your ways acknowledge Him, and He will direct your path." (Proverbs 3:5-6)**

**"'Bring all the tithes into the storehouse, that there may be food in my house, and test me now in this,' says the LORD of hosts, 'If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it. And I will rebuke the devourer for your sakes...'"  
(Malachi 3:10-11)**

- How can we hold ourselves accountable to the instruction God gives us?

3. God is the Source for future generations.

**"Put some manna in a jar and store it in the place of worship for future generations to see." (Exodus 16:33)**

**"And all nations shall call you blessed..." (Malachi 3:12)**

- How will viewing God as your Source affect future generations?

## **Life Challenge**

This week, ask the Holy Spirit to reveal to you what areas of your life you need to trust God as your Source. Think of someone that can hold you accountable to trusting God and following His instruction.

## **Prayer**

*Thank You, God, for being our Source in all areas of our lives. Thank You for allowing us to put our hope and trust in You daily. Send others in our lives that will encourage us to follow Your ways. Amen. Pray for the specific needs of the group.*