

## Where Did My Time Go? | Week 1

What you believe about God is the most significant thing about you. God does not desire to shame you; He wants to heal you. God's grace heals, and He wants you to enjoy your life because He loves you.

### Conversation Starters (10 minutes)

- As we begin this new series on Rest, is there anyone in your life who you sense God prompting you to invite to join you for church?
- When was the last time you truly rested and enjoyed life without feeling guilty about it?

### Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

### [Watch the Video](#) (5 minutes)

- Prepare to watch the video by opening your Bible to [Matthew 11:28-30](#)

### Group Discussion (45 minutes)

#### *Starter Question from the Video:*

1. What are you anxious about right now?

#### *Scripture Observation:*

2. Read [Nehemiah 8:9-12](#). What does this passage reveal about the source of our strength?

#### *Scripture Interpretation/Discussion:*

3. The people were weeping when they heard God's Word, but the leaders told them to stop mourning and instead celebrate. Why do you think God wanted them to rejoice rather than grieve over their failures? (
4. How does this passage challenge the idea that God wants us to feel ashamed or guilty when we fall short?

#### *Personal Application:*

5. This past weekend, Chad taught that God does not desire to shame us but rather to heal us. How does believing this truth change the way you approach rest, failure, and your relationship with God?
6. God wants you to enjoy your life because He loves you. What keeps you from truly enjoying life and resting without guilt?

7. What is one way you can choose to enjoy your life this week? How do you think God would feel about you enjoying your life in this way?

Prayer (5 minutes)

*"Father, thank You that You don't desire to shame us but to heal us. Help us to believe that Your grace heals and that You want us to enjoy life because You love us. Teach us the art of rest."*

For Further Exploration

- Check out Megan Fate Marshman's book [Relaxed](#). This would be a great book to read and study on your own or as a group.
- Identify one area where you've been carrying shame instead of receiving God's healing grace
- Practice enjoying something this week without guilt—a meal, time with friends, a hobby, or a moment of rest