



LIFE GROUP BIBLE STUDY

Based on the message of Sunday, July 21st, 2024

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2/3 Sermon Series: RENEW YOUR MIND

Point 1: Pray

Bible Verse: "Never stop praying." - 1 Thessalonians 5:17 (NVT)

Reflection: Prayer is our direct line to God, a beautiful, intimate way to communicate with our Creator. When we pray, we invite God's presence into our lives, share our burdens, express our gratitude, and seek His guidance. Just as we maintain relationships with friends and family through regular communication, our relationship with God flourishes when we make prayer a constant part of our lives.

Question: How can you incorporate more prayer into your daily routine to deepen your connection with God?

Point 2: Trust

Bible Verse: "Trust in the Lord with all your heart; do not depend on your own understanding." - Proverbs 3:5 (NVT)

Reflection: Trusting in the Lord means placing our faith in His wisdom and His plan for us, even when things don't make sense. It requires us to let go of our need for control and believe that God is working for our good. Trusting God with all our heart means relying on Him in every situation, knowing that His love and care are unwavering.

Question: In what areas of your life do you find it hardest to trust God, and how can you surrender those areas to Him today?

Point 3: Rest

Bible Verse: "Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.'" - Matthew 11:28 (NVT)

Reflection: Rest is not just physical relaxation but a spiritual surrender to God's peace. Jesus invites us to come to Him with our worries and burdens, promising to give us rest. This rest rejuvenates our spirit, calms our mind, and strengthens our faith. It's a reminder that we don't have to carry our burdens alone; Jesus is always there to lighten our load.

Question: What steps can you take to find true rest in Jesus amidst your busy life and heavy burdens?