



CEDAR SPRINGS

PRESBYTERIAN

Live Deeply

DISCUSSION QUESTIONS

Sunday Service

October 4, 2026

8 + 9:30 + 11AM

DISCUSSION QUESTIONS

1. Describe the most restful day you can imagine. Who is there, what are you doing, and why is it so restful for you?
2. Proverbs 19:23 says that the fear of the Lord is what leads us to life and rest. Why do you think that is and what might that look like in your everyday life?
3. The story of scripture tells us that God has always promised his people rest. How does Jesus encourage us to not give up hope when so much of our life feels stressful and busy?
4. What are the things in this season of your life that are hindering you from experiencing the rest of God?
5. We talked last week about friendship, pray this week for God to put someone on your heart who also might need God's rest, and share with them the rest of God.

