



# Small Group Notes

## 1. Conversation Starter

**Question:** What causes you to lose sleep?

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**Question:** Do you ever feel distracted? What is it that distracts us?

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## 2. Read Scripture: Psalm 127

**Question:** How is Psalm 127 really a call to trust God in our lives?

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**Question:** In Psalm 127, Solomon uses the word “vain” three times. The word simply means empty, worthless, or futile. Take a moment to consider the connection between your life and “vanity.”

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**Question:** Are there areas in your life you are living in vain? Are you building without God, seeking to protect without God, laboring without God?

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### 3. Share with the Group

**Question:** What are some signs that you aren't experiencing the kind of rest God wants you to?

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**Question:** How can we practically depend on God in everyday affairs? What are some ways we can build God into the various components of our lives?

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### 4. Take Action

**Question:** What actions will you take to seek true rest from Christ?

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**Question:** What changes will you make this week to get rest for your soul?

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**Question:** Based on this week's sermon and discussion, what changes are you going to make in the coming days, weeks, and years?

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