

WEEK 1 | REST

SUNDAY, 9/6 | Romans 4:4-5; 5:1-2

“I don't have to prove myself.”

THIS WEEK

Rest is more than stopping activity; it is releasing the need to prove that we are worthy, productive, or enough. Paul reminds us that grace is received as a gift, not earned as a wage. This week creates space to name the pressure we carry and practice trusting God before everything is finished.

OPENING QUESTIONS

- What's something you're weirdly competitive about that absolutely does not matter?
- If you unexpectedly got a completely free Saturday with nothing you had to do, what are you doing with it?
- What's a totally normal adult task that you're embarrassingly bad at?

GROUP QUESTIONS

1. Where do you feel the most pressure to prove yourself right now? Work, parenting, relationships, faith, something else?
2. Why do you think it's so difficult for us to rest without feeling like we've "earned" it first?
3. Read Romans 4:4-5. What's the difference between receiving something as a wage and receiving it as a gift? How does that change the way we approach God?
4. What does "performing for God" actually look like in real life-even for someone who has followed Jesus for years?
5. What would change about your week if you genuinely believed God's acceptance of you wasn't something you had to maintain?
6. This week's rhythm is a Sabbath Ceasefire-intentionally stopping before everything is finished. What is one thing you could deliberately leave undone this week as an act of trusting God instead of proving yourself?