

# IN THE VALLEY: REST IN A RESTLESS WORLD

*Life Group Questions | Sunday, November 15, 2020*

Do you have trouble falling asleep or are you a fall-asleep-anywhere-kind-of-person?

**Read Psalm 23.** This week we will be focusing on verses 2-4. As a group, talk about the qualities of the shepherd in those verses. What qualities stand out to you and why?

Psalm 23 asserts that only the Good Shepherd provides true rest for our souls. Have you experienced this to be true in your life? Do you have a story to share about that? What struggles or tensions do you feel around this claim?

**Read Romans 8:31-39.** The apostle Paul writes with such confidence in God's love, provision, and protection. Do you share that confidence? How so and/or how not?

**Read Hebrews 4:9-11a.** What could it look like for you to enter into God's rest this week?

**Pray together.** Close by reading Psalm 23.