



# REST IN *peace*

## SUMMARY

This message teaches that our hunger and restlessness are not random—they point us back to Jesus. Just like a baby can't feed itself, we can't satisfy our souls with the things of this world. Jesus alone is the bread of life who fills us, and when we remain in Him, the Spirit produces fruit in us—love, joy, peace, patience, and more. The challenge is to refocus our feelings and redirect our desires so we live from what's already in us. And as we run to Jesus and remain in Him, we discover our true reason: we weren't created just to make a living, but to make a difference. The race God marked out for us is already set—our job is to fix our eyes on Jesus and run it.

# Questions and Responses:

## ***Discussion:***

**1. What's the biggest thing that stood out to you from the message tonight? Why?**

**Leader Response:**

Be ready to take the conversation wherever they take it. If they open up, dig deeper with follow-up questions. If the group goes quiet, bring it back to one of the core truths: only Jesus can truly fill us, remaining in Him produces real fruit, and our restlessness is a sign we haven't found our God-given reason yet.

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**2. Be honest—when you feel empty or restless, what's the first thing you usually run to?**

**Leader Response:**

We all have our “go-to’s”—friends, relationships, sports, scrolling, substances, or just distractions. But just like a baby trying to eat Legos or even a dead frog, those things will never satisfy. They might fill you for a moment, but they always leave you hungrier. Jesus is the only one who can actually fill the hole in your heart.

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**3. Jesus said in John 6:35, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”**

**What do you think He meant by that? Do you believe Him? Why or why not?**

**Leader Response:**

Jesus wasn't just talking about physical hunger. He was saying He's the only one who can satisfy the deepest cravings of your soul—things like love, peace, and purpose. If you keep running to Him, He promises you'll never be empty again. But if you keep running to the world, you'll always stay thirsty.

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**4. What do your feelings or desires usually pull you toward—and how could you refocus or redirect them back to Jesus instead?**

**Leader Response:**

Feelings and desires aren't bad, but they can pull you away from the fruit God's already given you. Remaining in Him looks like praying:

- "God, I feel angry, but make me aware of Your peace."
  - "God, I feel tempted, but thank You that Your love is already in me."
- It's simple: refocus your feelings, redirect your desires. That's how you stay connected to Him.
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**5. Proverbs 29:18 says, "Where there is no vision, the people perish." Why do you think so many people your age feel lost or restless? What happens when you don't have a reason to live for?**

**Leader Response:**

Without vision or reason, people waste their lives. That's why you hear so many say, "I don't even know why I'm here." Restlessness, depression, and chasing after the wrong things often come from not knowing your God-given reason. But the good news? You do have one—you're God's masterpiece (Ephesians 2:10).

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**6. Hebrews 12:1–2 says, "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus." What race do you think God has marked out for you? And what would it look like for you to actually start running it?**

**Leader Response:**

The race is already marked out—you don't have to create your own. The problem is we often settle for chasing smaller things instead of the big purpose God has for us. When you fix your eyes on Jesus, He doesn't just give you freedom, He gives you a reason—a race worth running.