

MEN'S EVENT

IGNITE A PASSION FOR JESUS

# FEED THE FIRE

MAR. 20  
6PM  
BRING A FRIEND!

REGISTER FREE HERE



# PRE-MARITAL CLASS

wednesdays • 6pm

march 4-25  
chapel  
\$100 per couple

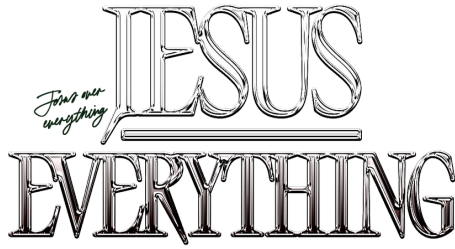


UCYC, LOCATED IN PRESCOTT, AZ

# YOUTH CAMP

JULY 6 - JULY 10





**Total Time: 60 minutes (flexible)**

## opening prayer

**Leader Prompt (Optional):** Hebrews now turns from warning to invitation. God does not expose unbelief to shame us, but to lead us into rest.

**Prayer:** “Father, we confess that our hearts are often restless. Teach us what it means to trust You, to stop striving in our own strength, and to enter the rest You have already provided in Jesus. In His name, Amen.”

## highlights & connection

**Purpose:** Help the group name restlessness as a spiritual condition, not just a scheduling problem.

**Leader Prompt (Optional):** *Share briefly how God has been at work in your life this week—highs, lows, growth, or challenges. Keep space for everyone.*

### opening reflection

- When do you feel most tired: physically, emotionally, or spiritually?
- What do you usually turn to when you need rest?
- What’s the difference between rest and escape?

**Cultural Connection:** In a city that never sleeps, restlessness feels normal, but Scripture calls it a warning sign.

**Key Thought:** “Busyness is not the deepest problem, unbelief is.”

## scripture focus

Read Aloud: Hebrews 4:1–5

Then briefly summarize Hebrews 4:6–10

*Invite someone to read slowly. Encourage listening for words like promise, rest, enter, today.)*

### Context (Leader Summary)

Hebrews 4 builds directly on Israel’s wilderness failure. Though God delivered His people and led them toward the Promised Land, many never entered because of unbelief. Even Joshua’s leadership did not complete the story. The author’s point is clear: **the promise of rest still stands**, and it finds its fulfillment not in geography, ritual, or discipline, but in Jesus. Hebrews is not about Sabbath rules; it is about a Sabbath promise.

## main discussion focus

*Leaders: keep this Christ-centered, not behavior-driven.*

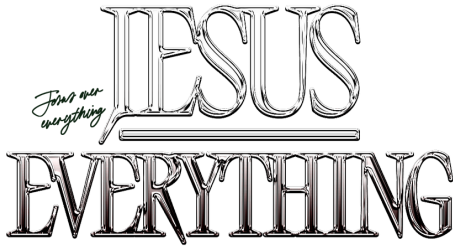
### Key Truth # 1 - God’s Promise of Rest Still Stands

““Therefore, while the promise of entering his rest still stands...” (Hebrews 4:1)

#### Discuss

- Why does Scripture describe rest as a promise rather than a command?
- What does it say about God that the promise still stands despite human failure?
- How does fear keep people from entering what God offers?

**Key Insight:** Rest is not earned by effort; it is received by faith.



## Key Truth # 2 - Rest Has Always Pointed to Jesus

“Hardened by the deceitfulness of sin...” (Hebrews 3:13)

Hebrews traces rest through:

- Creation (God’s seventh-day rest)
- The Sabbath
- The Promised Land
- And finally, Christ

### Discuss

- Why do humans tend to turn good gifts into ultimate goals?
- How did Sabbath become a burden instead of a blessing?
- What does it mean that Jesus is the “substance” behind the shadows?

**Key Insight:** Every form of rest in Scripture was preparation for Christ.

## Key Truth # 3 - Entering Rest Means Trusting Finished Work

“Whoever has entered God’s rest has also rested from his works...” (Hebrews 4:10)

### Discuss

- What kinds of “work” do people rely on to feel secure or righteous?
- How is striving different from faithful obedience?
- What does it look like to live from rest instead of for rest?

**Key Insight:** We don’t stop working; we stop trying to save ourselves.

## missional living

**Purpose:** Help the group move from restless striving to gospel-shaped living by entering Christ’s rest and living attentively with the people God has already placed around us (Hebrews 4:1–10).

**Leader Frame (Optional):** Hebrews 4 reminds us that God’s rest is still available. Jesus invites us to stop striving and trust His finished work. When we live from rest, we slow down enough to actually notice people.

Evangelism doesn’t start by going somewhere new; it starts by paying attention to who is already in your life. God has intentionally placed people around you.

### Seeing Jesus Clearly → Living From Rest

#### Scripture Insight

God’s promise of rest still stands.

Rest is entered through faith, not effort.

Those who enter God’s rest cease from striving and live from trust.

Biblical rest reshapes not only our inner life, but how we relate to the people God has placed around us.

# JESUS *Focus on everything* EVERYTHING

## **Brief Discussion:**

- Where do you feel most exhausted right now—and who feels the impact of that exhaustion in your daily life?
- How might striving or self-reliance keep you too distracted to notice the people God has already placed near you?

## **Living It Out as the Family of God**

**Leader Prompt:** Rest is sustained in community, not isolation.

Think about the people already in your regular rhythms—home, work, school, neighborhood. God's invitation to rest is meant to be lived out among them.

## **Group Sharing**

Each person shares one area where they want to:

- Stop striving so they can be more present with people
- Start trusting God instead of carrying pressure alone
- Live more consciously “in Christ” in everyday relationships

(Keep it honest, relational, and brief.)

## **Guided Conversation**

- How does living from rest change the way we listen to people instead of rushing past them?
- Who in your life might God be inviting you to be more present with—not to fix them, but to walk with them?
- What does faithful witness look like when it flows from peace rather than pressure?

**Key Insight:** Rest doesn't pull us away from people—it frees us to be fully present with them.

## **Weekly Practice & Shared Accountability**

### **This Week's Practice**

Practice BELIEVE – CEASE – LIVE with the people God has already placed in your life:

- Believe: Rehearse the gospel daily so you don't live from pressure
- Cease: Name one way striving keeps you unavailable or distracted from people
- Live: Take one intentional step of presence—slow down, listen, or engage meaningfully with someone God has already placed near you

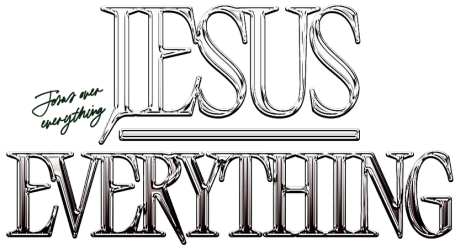
No new assignments. Just deeper attention.

### **Accountability Rhythm**

At the start of next group, briefly share:

- where rest felt difficult in daily relationships
- where living from trust helped you be more present with someone

*Rest becomes witness when our peace makes room for others.*



## prayer: praying together

### Leader Guide - Prayer Rhythm

1. **Invitation Prayer:** Respond to Jesus' "Come to Me"
2. **Release Prayer** – Name burdens and release them to Christ
3. **Formation Prayer** - Ask God to reshape how we live and work.

**Group Prayer Prompt:** "Jesus, You are our rest. Teach us to trust Your finished work and to live from the peace You provide."

## final takeaways - carry this week

- **Remember:** Rest is a promise fulfilled in Christ.
- **Practice:** Faith rests before it acts.
- **Live Sent:** A rested people reveal a trustworthy Savior.

## memory verse

"So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his."  
Hebrews 4:9-10 (ESV)