



Week 4

In your own words, how would you describe what it means to rest?

What things might keep a middle schooler from being able to rest?

Have students read through Psalm 23:1-6 and talk through what examples of rest they can identify in the Scripture. Ask them how the psalmist identifies rest and then have them write their own version of what the psalm could look like for their life!

How might finding rest in God help you grow stronger and more resilient?

How might sharing your worries and struggles with Jesus be a step toward finding rest?

What's one area of your life that doesn't feel peaceful or restful right now?

This week, what's one way you can give that to Jesus to find a little more rest?