



NEW HORIZONS SMALL GROUPS

Sermon Title: Rest & Renewal: For The Journey

Scripture Reference: Isaiah 40:28–31 (NLT)

Connection:

- What do you remember most from last week's sermon?
- How did you hear God's voice or sense His presence this past week?
- What is your favorite New Year's Goal this year?

Reflection:

- Summarize this week's sermon in one to three sentences. What was the main point of the message?
- What did the message say about you, God's people or the world?

Application

1. Reflection & Alignment

As you step into 2026, where do you personally feel more **weak** (low capacity) or **powerless** (low agency)?

- How have you typically responded in those places, trying harder, withdrawing, distracting, or trusting God?
- What did this sermon surface for you about how you usually handle exhaustion or being stuck?

2. Trust vs. Trying Harder

The sermon argues that *renewal doesn't come from trying harder, but trusting deeper.*

What does "trusting deeper" look like **practically**, not just spiritually, in your current season?

- Where do you sense God might be inviting you to **wait** instead of **force progress**?

Additional Reading:

- **Psalm 37:3-7 (NLT)** – What does it mean to “be still before the LORD and wait patiently for him”?

3. Flapping or Soaring

The image of eagles waiting for thermals challenges our instinct to “flap harder.”

- Where in your life do you feel like you’ve been flapping, overworking, overthinking, or forcing outcomes?
- What might it look like to release control and wait for God’s “lift” instead?

4. Waiting That Is Still Obedient

Waiting on God doesn’t mean doing nothing, it means faithful obedience while we wait.

- What spiritual practices (prayer, Scripture, community, obedience) help you stay grounded when answers don’t come quickly?
- How can waiting actually become a place where God changes you, not just your situation?

Additional Reading:

- **Lamentations 3:31-33 (NLT)** – What does this passage teach us about God’s heart during seasons of waiting?

5. A New Year or a New Trust

The sermon suggests that some of us don’t need a new year, we need a new trust.

- If you were fully surrendered to God’s will in 2026, what might need to change in how you set goals or measure success?
- What is one area of your life you sense God asking you to place more fully in His hands?

Additional Reading:

- **Romans 12:1-2 (NLT)** – How does surrender lead to transformation?
- **John 15:4-5 (NLT)** – What does Jesus say happens when we stop striving independently and remain connected to Him?