

GROUP DISCUSSION GUIDE

January 4, 2026

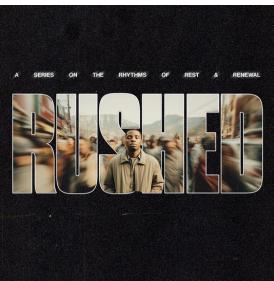
RUSHED

The Invitation to Rest

John 15

Pastor Chris Amdahl

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NOTES

Pastor Chris reminded us that a rushed soul is a crushed soul. Instead, God invites us into a rhythm of rest that restores and reorders our lives.

MY STORY

When are you most aware of the presence of God?

WHAT DOES GOD WANT US TO HEAR?

I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. (John 15:1-5)

What's included in the word *nothing*, when Jesus says "apart from me you can do *nothing*"?

What is the relationship between *abiding in Jesus*, and deeply satisfying rest in God?

Pastor Chris asked, *“What is the job of the branch, especially one that’s been grafted in? Why must it remain connected to the vine in order to bear fruit?”*

In light of the answers to these two questions, explain Jesus' metaphor of the vine and the branches. What are the practical, spiritual lessons from this allegory?

What does God want us to hear? Based on the passages above, what are the factual “takeaways” that are meaningful to you?



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WHAT DOES GOD WANT US TO DO?

Pastor Chris said, “*Jesus invites us into a slower, deeper, and freer rhythm of faith, one that restores our souls and reorders our days.*”

What types of “rest” has not accomplished these goals for you? What’s lacking in them?

What would a slower, deeper, freer rhythm of life and faith look like for you?

What would need to be removed from your weekly schedule, if anything, for this to happen?

What does God want us to do? Flowing out of our reading and new understanding, how is the Holy Spirit nudging us?

WHAT DOES GOD WANT ME TO DO?

Pastor Chris quoted John Mark Comer, “*The solution to an over-busy life is not more time. It's to slow down and simplify our lives around what really matters.*”

What would a simplification of your life, around the things that really matter, look like? Move toward that simpler rhythm this week.

Spend some quiet time in the presence of God, simply enjoying His grace and compassion, without any focus on what needs to get done for Him.

Extra credit: Fall asleep praying. Drift off in the presence of God, dream in the presence of God, then wake up in the presence of God, fully refreshed in the knowledge that He is always eternally present, no matter the state or circumstances in which you find yourself.

What does God want ME to do? Based on your answers to these questions, toward what creative actions is the Holy Spirit leading you?

