



Our Talk It Over is designed to prompt insights and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week. It's also a great tool for individual reflection.

Warm Up

What is something you've had to wait for that was actually worth the wait?

Discuss

1. Waiting can bring anticipation, excitement, uncertainty, and worry. Which of those emotions tends to show up most for you when you're in a season of transition? Why?
2. Psalm 23 pictures God as a shepherd who leads, provides, protects, and gives rest. Which of those do you find yourself needing most in this season of life?
3. It's easy to fill waiting with activity because slowing down can feel uncomfortable. What do you tend to do when you're waiting or uncertain—stay busy, worry, distract yourself, plan, withdraw, or something else?
4. The idea of being led to "green pastures" and "still waters" suggests that rest can be purposeful, not wasted time. What might purposeful rest look like for you right now?
5. Checking our phones, social media, email, and schedules can quickly create anxiety. What are some things that refresh your soul rather than drain it? How could you make more room for them?
6. Psalm 23 says God "leads me in right paths." Have you ever had a period of waiting that eventually gave you clarity about what direction to take? What helped you recognize the next step?
7. What if waiting isn't simply the space between where we are and where we're going, but a season God can use to reshape us? What might change if we stopped asking only, "When will this be over?" and began asking, "What can I learn or become while I'm here?"



Apply

Choose **one small way to create space for rest and connection with God this week**. Put your phone away, take a quiet walk, sit outside, read Psalm 23 slowly, or spend five minutes praying. Don't try to accomplish anything—simply slow down and pay attention. As you do, pray: "Jesus, please be my shepherd and lead me."

Prayer

God, thank you for being with us in the seasons when we know where we're going and the seasons when we don't. Help us resist the urge to fill every quiet moment with worry or distraction. Teach us to rest, listen, and trust you to lead us. Give us peace as we wait and courage for whatever comes next. Amen.