



Week 1

Resting in God's Eternity

Takeaway:

God has an eternal perspective that we can find rest in

Before You Begin:

Have you ever looked at something through a microscope or telescope? How did that reframe the way you viewed the world?

Discussion Questions:

1. **Read Isaiah 40:27.** Have you ever had a time where your limitations were so great and your burdens so heavy that you felt helpless or hopeless? Describe how you felt. Where did you feel God was in the midst of that moment?
2. **Read Isaiah 40:28.** What have you heard about God? Do you find these things difficult to believe or easy to accept? Why?
3. How does God's "reputation" affect the way that you handle pressures and anxieties?
4. Isaiah mentions 4 characteristics of God in this verse (Everlasting, powerful creator, he doesn't grow tired, he understands everything). How do these characteristics compare to the way you would characterize yourself?
5. Jeremy mentioned that God is characterized here as "God of the Long View," meaning that God's perspective is eternal (viewing the whole of history) as compared to our temporal view. How can this truth give us comfort in the difficult seasons of life?
6. **Isaiah 40:29-31.** How do these promises give you comfort?
7. What does it mean to you to know that God is willing to "exchange" His strength for yours?
8. What do you think it means to "trust" (Hebrew: "actively wait" in the Lord (Isaiah 40:31a)? How do you "wait" or "trust" in God? Is this hard or easy for you when times get overwhelming?
9. What are some areas of your life right now where you need to find rest in God's "long view?"

Next Steps:

1. Identify an area of your life where you are allowing your circumstances to determine how you view God? How can you rest in God's eternal control?
2. Memorize **Romans 8:28.** Use this verse as you battle anxiety this week.
3. Identify one way you can wait with anticipation on what God is going to do.