

## **Growth Group Questions**

### *Trending: Self Care*

1. Share something from the message that comforted you and something that challenged you.
2. Look up the lyrics of the song "To The Table" by Zach Williams. In what ways does this song remind you of the REST that you find in Jesus?
3. Write out your schedule for the week. Take the challenge to share it with a trusted friend or your group. How did they react to your balance (or lack thereof) of work and rest?
4. Read 1 Timothy 6:17-19. How do these words encourage you to work without working too much and to work for the right reasons?
5. Agree/Disagree: The best volunteers are those who don't volunteer for everything.



# **Car Conversations**

*Keep the conversation with your kids going using these questions based on the Faith Kids' lesson.*

**(These questions are based on Ruth chapter 2)**

1. What does "glean" mean?
2. Describe Ruth from what we read in chapter 2.
3. Describe Boaz.
4. How are you similar to Ruth/Boaz? How are you different?
5. How does God use Boaz to continue on His Great Rescue Plan?
6. How can you be a blessing to someone this week?