
Use this Discussion Guide and the [Message Notes](#) to dive deeper into this message from Pastor Eric Gilbert. This message premieres 10/5/2025 on [3trees.Online.Church](#) and the [3trees Church Facebook](#) and [YouTube](#) pages.

You can download the [MESSAGE NOTES](#) here:
Overcoming the Overwhelming | “Now What?” | Week 3

KEY SCRIPTURES

Colossians 3:23

THINK | *Ask a question to get your group thinking*

When you think about your week, do you ever notice that your schedule runs *you* more than you run it?

What comes to mind when you hear the word *Sabbath*? Obligation? Relief? Outdated?

Why do you think God told us to *remember* the Sabbath instead of simply *observe* it?

What are some “alarms” that wake you up to get going—but do you have any alarms reminding you to slow down?

SHARE | *Choose a question to create openness*

- Can you think of a time when busyness or overworking actually pulled you *away* from God rather than closer to Him?
- What lies do we sometimes believe that keep us from resting (e.g., “If I stop, I’ll fall behind,” “Rest is lazy,” “I’m needed everywhere”)?
- Which of these do you relate to most right now?
 - Working *for* approval instead of *from* it
 - Living like a slave to productivity instead of a child of God
 - Doing God’s work *without* God’s help
- How could honoring a Sabbath—or even setting a rhythm of rest—help you trust God more deeply?

Let the group pick one or two of these to discuss deeply.

PERSONAL COMMITMENTS | *A personal commitment for this week*

- This week, I will **choose a block of time** (even a few hours) to rest, worship, and simply be with God—no work, no agenda.
- I will **evaluate one area of my life** where I've been working for approval instead of from grace, and I'll surrender that to God.
- I will **identify one “false alarm”** (a source of pressure or busyness) and intentionally silence it to make room for peace.
- I will **remind myself daily**: “I am not defined by what I produce. I am loved because I am His.”

PRAY | *Be bold and pray with power*

Lord, thank You for being both our Creator and our Rest-Giver. Help us to trust You enough to stop striving and to make room for You in both our work and our rest. Teach us to labor from love, not for approval, and to find joy in simply being Your sons and daughters. This week, reset our hearts, our pace, and our perspective to match Yours. Amen.