



Chill

Part 3 – Rest in the Storm

Discussion Guide

In this series, we have focused on chilling in everyday stresses and the importance of being intentional to “chill” (take a day of rest) each week. In the final message, we take a deeper look at how to trust God and rest, even in the middle of hard times.

Jump Start

1. What things do you enjoy doing as a stress reliever?
2. Take time to read [Acts 27:20-26](#) together as a group.
3. *Hold on to hope.* Read [Acts 27:20, Hebrews 6:16-20, and Psalm 42:4-5](#). What oath is Paul referencing in Hebrews 6 when he says, “God also bound himself with an oath...”? Why does this oath give us hope? In Psalm 42, the author seems to be losing hope, as he compares his current situation to how things used to be. Do you ever find that you lose hope by wishing for how things used to be? How does the psalmist move forward?
4. *Keep up your courage.* Read [Acts 27:22 and John 16:31-33](#). Where does Jesus say we will find peace? What does it look like to truly have peace in Jesus? How is this different than peace from Jesus? How do trials and hope tie together? Do trials always lead to a weakening of hope?
5. Final Thought: *Remember Who is beside you.* Read [Acts 27:23](#). Have you ever experienced God intervening on your behalf? How did you know it was Him? How did the fact that God intersected your situation shape your faith? If you have never experienced God in this way, in what situation would you like to see God show up? Have you prayed specifically to sense God’s presence and rescue?

Deeper

6. **Read [1 Corinthians 13:13 and Hebrews 11:1](#)**. Based on these passages, is there a difference between faith and hope? What is the difference between the two? How are they tied together? Can you think of a moment in your life where you had faith, but not hope, or vice versa? Which tends to come more difficult for you: faith or hope?

7. **Read [Daniel 3:16-18](#)**. This is the response of Shadrach, Meshach, and Abednego to the King, moments before being thrown into the fiery furnace. (If you are not familiar with this story, it can be quickly understood by reading all of Daniel, chapter 3). Where do you see faith? Where do you see hope? In the storm(s) you are facing now, do you have faith in God's promises and His Word? Do you have hope (an uncontainable joy) that God will work something good through this situation?