

## The Restful Life Who am I?

**Rest comes when we see ourselves as *children of God* (Romans 8:14-16; Isaiah 30:15).**

The opposite is also true: restlessness results from refusing to see ourselves as His children. Instead of finding our identity as children of God, we tend to look to other things and people – to other *idols* – to define who we are: possessions, activities, relationships, and/or appearances. But for those who follow Jesus, we have received the Spirit of **adoption** as children, by which we cry, “Abba! Father!” The Holy Spirit continually bears witness with our spirits to convince us that we really are God’s children and that in Him we have an inheritance. As we embrace these truths, we can find rest and freely receive God’s love, approval, and provision, trusting Him and His authority in our lives.

### GET THINGS STARTED

Where do people that you know and are around regularly tend to find their identity (e.g. possessions, activities, relationships, appearances, etc.)? What is the false promise of these areas? What is the right perspective or balance we should have when it comes to these things?

### WATCH THE GROUP VIDEO FOR WEEK 2

### GO DEEPER

1. What stood out or resonated with you from the video this week of Leif Hetland? What points from the Introduction and/or Chapter 1 from *Called to Reign* grabbed your attention?
2. In Isaiah 30:15, God challenges Israel that they are unwilling to return to Him and find rest. Why do you think Israel was unwilling to return to Him, even though they had a rich history of God’s faithfulness and goodness? What is at the heart of their refusal?
3. According to Romans 8:16, the Holy Spirit bears witness with our spirits that we are God’s children. Why do we need the Spirit to continually remind and convince us that we’re His children? Why do we tend to resist our spiritual adoption? What does it look like to embrace this truth deep within our hearts? What would change if we fully believed that we are sons/daughters of God?

### MAKE IT PERSONAL

1. What do you find your identity in right now? What would those closest to you say you find your identity in right now? To what degree do you wrestle to embrace your spiritual adoption as a son/daughter of God?
2. What would shift for you personally if you were to begin to walk or live as a son/daughter of God, fully endowed as an heir, and fully blessed with an inheritance? What would be the evidence for you that you are truly embracing your spiritual adoption?

### PRACTICE IT NOW

**As a group, spend a few minutes in prayer asking God, through the Holy Spirit, to remind and convince you again that you are a son/daughter of God.** Ask Him to show you the things or areas you’ve tried to find your identity in, and with a heart of repentance, surrender those things to Him. Ask God to give you clarity on what it really looks like to think, believe, act, and live as His spiritual sons and daughters.

**READING THIS WEEK:** Chapters 2 & 3