

**SCRIPTURE AND  
KEY SERMON NOTES:****Key Thought:  
WE CAN FIND REST IN THE  
WORTHINESS OF CHRIST!**

1. JESUS ALONE CAN REDEEM BECAUSE HE IS THE WORTHY SACRIFICE  
*"And they sang a new song with these words: 'You are worthy to take the scroll and break its seals and open it. For you were slaughtered, and your blood has ransomed people for God from every tribe and language and people and nation.'" REVELATION 5:9 NLT*

*"For you know that God paid a ransom to save you from the empty life you inherited from your ancestors... It was the precious blood of Christ, the sinless, spotless Lamb of God."*  
 1 PETER 1:18-19 NLT

2. JESUS ALONE HOLDS THE FUTURE BECAUSE HE IS SOVEREIGN  
*"He stepped forward and took the scroll from the right hand of the one sitting on the throne."* REVELATION 5:7 NLT

*"For everything was created by him... all things have been created through him and for him. He is before all things, and by him all things hold together."* COLOSSIANS 1:16-17 CSB

**JESUS TURNS DESPAIR INTO WORSHIP**

*"Then I began to weep bitterly because no one was found worthy to open the scroll and read it. But one of the twenty-four elders said to me, 'Stop weeping! Look, the Lion of the tribe of Judah, the heir to David's throne, has won the victory. He is worthy to open the scroll and its seven seals.'" REVELATION 5:4-5*

*"You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy."*  
 PSALM 30:11 NLT

**RESTING IN THE WORTHINESS OF CHRIST**

1. LET GO OF CONTROL  
*"Trust in the Lord with all your heart and lean not on your own understanding... and he will make your paths straight."*  
 PROVERBS 3:5-6 NIV

**2. FIND REST IN WORSHIP**

*"Come to me, all who labor and are heavy laden, and I will give you rest."* MATTHEW 11:28 ESV

**WHAT ARE WE GOING TO DO? REST IN  
REDEMPTION!**

*"It is for freedom that Christ has set us free."*  
 GALATIANS 5:1 NIV

**START PRAYING:**

*Lord Jesus, thank you for being our place of rest. Rewire our hearts to seek rest in you before we seek rest in the world. Nothing can satisfy like you, and so we want more of you! Make it so, Lord! In your name, amen!*

**DISCUSSION QUESTIONS**

**Start talking.** (Pick one) Find a conversation starter for your group.

What's a simple activity or routine that helps you feel more at peace when life feels chaotic?

**Start thinking.** Ask a question to get your group thinking.

In Revelation 5:4-5, John weeps because no one is found worthy to open the scroll. Why do you think John felt such deep sorrow about this?

- *Follow-up:* How does Jesus stepping forward as the worthy Lamb transform that moment?
- *Follow-up:* What does John's response to Jesus stepping forward say about how we handle situations of despair in our lives?
- *Follow-up:* How can remembering Jesus' worthiness shape how we approach our own disappointments?

What does Jesus taking the scroll from God's hand (Revelation 5:7) signify about His role in the grand plan of redemption and His sovereignty over the future?

- *Follow-up:* How does this image of Jesus holding the scroll impact your understanding of His control over your personal circumstances?

Jesus is described as having "ransomed people for God from every tribe and language and people and nation (Revelation 5:9)." What does this reveal about the scope of His redemption and how does it influence how we see others in the world today?

How do you understand Jesus' invitation in Matthew 11:28 to "come to me, all who labor and are heavy laden, and I will give you rest"?

- *Follow-up:* How does this offer of rest connect to the themes in Revelation 5?

**Start sharing.** Choose a question to create openness.

What part of this message impacted you most and why?

- *Follow-up:* Look for ways to ask more/bring more out of the group member's answer (if possible) and/or practice the "ping pong" method by bringing others from the group into the conversation.

Where are you looking for approval in life? How has your view of "seeking approval" been impacted by this message?

- *Follow-up:* What's a small step you can take this week to actively trust Jesus with that area of your life? Or how does these biblical truths impact that?

What do you think it means to "rest in Christ"? How can that look practically in your everyday life?

- *Follow-up:* What is one small step you can take this week to intentionally rest in Christ, either through prayer, worship, or simply surrendering a burden?

Jesus holds ALL things together - including your hopes, fears, and aspirations. Is there one specific thing in your life you need to rest in, knowing He holds the future of?

- *Follow-up:* What do you need to hand over? What are you trying to control? Are you staying in "a cell" He already freed you from?

**Start doing.** Commit to a step and live it out this week.

Take a moment and think about something you've been striving to accomplish on your own strength. What would it look like to rest in Jesus' sovereignty instead of striving?

- *Follow-up:* How might resting in Christ's finished work change your approach to this situation or challenge?

When you reach the limit of your own "awesomeness" or realize you are not enough (as a parent, spouse, friend, worker, etc), what is your usual response? Who or where do you turn?

- *Follow-up:* What specific time or activity could you incorporate this week to pause and reflect on Christ's worthiness, even during busy days?