

Second Helping | Meeting God on the Mountain

Week 1: Ararat – The Mountain of Rest

Icebreaker Options

(Leaders: choose one to two—especially important for brand-new groups. Keep it light but meaningful.)

Option 1 – Easy & Relational

What's one word you would use to describe your pace of life right now?

Option 2 – Thoughtful but Safe

When you hear the word rest, what comes to mind first—something positive, something stressful, or something unrealistic?

Option 3 – Slightly Deeper

What's something you're really good at staying busy with—but not always good at stopping?

Option 4 – Sermon Tie-In

Which part of Noah's story stood out to you most: the waiting, the resting on the mountain, or the promise after?

Brief Message Recap

(Leader can read aloud)

Today we began a new series called “Meeting God on the Mountain,” and before climbing any mountain, we started in the water—with Noah.

In a world overwhelmed by sin, God rescued Noah and his family through the ark. After forty days of rain and months of waiting, the ark finally came to rest on the mountains of Ararat (Genesis 8:1–5). Ararat wasn't just a location—it was a moment where striving ended and something new began.

The Hebrew word used for the ark “resting” means to be placed securely. God didn't just stop the storm—He placed Noah in safety. Ararat became the mountain where rest began and where creation restarted.

Throughout Scripture, rest isn't weakness or laziness. God rested after creation—not because He was tired, but because the work was complete (Genesis 2). God commands His people to rest (Exodus 20), invites us into rest (Hebrews 4), and shows us through Noah that rest is the hinge between what has ended and what is yet to begin.

Biblical rest allows us to stop dragging yesterday into today—and today into tomorrow. In Sabbath rest, God gives us promises to cling to:

Forgiveness

1 John 1:9

“If we confess our sins, he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.”

Wisdom

James 1:5

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

Peace

John 14:27

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Rest doesn't remove our struggles—but it reorients us in the middle of them, so we can step into what's next with clarity, freedom, and peace.

Discussion Questions

(Leaders: don't rush these. Silence is okay. Let people sit with the question.)

1. The Mountain of Rest

Genesis 8 says the ark “came to rest” on Ararat.

Where do you feel like you're still “floating”—waiting, striving, or unsure what's next—rather than resting?

What makes it hard for you to stop and trust God there?

2. Rest as Trust

The ark rested because God shut the door and secured Noah inside.

In what areas of your life are you still trying to “hold the door shut” yourself instead of trusting God to secure you?

What would it look like to let go?

3. Sabbath and Guilt

God commands rest, yet many of us feel guilty when we stop.

What do you believe—deep down—about rest that might not actually line up with God’s heart?

Where did that belief come from?

4. Leaving Yesterday Behind

The message said:

“Without rest, we never finish a sentence—we just keep running words together.”

What from yesterday are you carrying into today that God may be inviting you to leave behind?

(Guilt, pressure, regret, fear, disappointment?)

5. Resting in Promises

God gave Noah a promise (the rainbow) so he could rest without fear.

Which of these promises do you need to cling to most right now—and why?

Forgiveness –

1 John 1:9

“If we confess our sins, he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.”

Wisdom –

James 1:5

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How might your week look different if you actually rested in that promise?

Closing Challenge

(Leader read aloud to close)

Rest is not weakness.
It's not quitting.
It's not falling behind.

Biblical rest is trust.
It is the hinge between what God has finished and what He is about to begin.

This week, don't just admire the idea of Sabbath—practice it.

Create space to stop.

- Confess what needs to be left behind.
- Ask God for His wisdom.
- Receive the peace He freely gives.

Make the journey—daily and weekly—to a mountain called Ararat.

Meet God there.

And from that place of rest, step into whatever comes next—
clean, clear, and at peace.

Closing Prayers