

Rest - Rest Your Weary Soul

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REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- I will bring the kingdom of God to my little part of the world this week.
- I will consider where my Galilee is (the hardest place to live out the kingdom of God).
- I will do what I need to do to bring the kingdom into my Galilee.
- I will consider who/what plays the role of Herod Antipas in my life (threatening and intimidating).
- I will do what I need to do to make changes for the sake of the kingdom of God.

THIS WEEK'S SERMON RECAP

The vast majority of people in our society are inundated with work and other obsessions that have replaced a relationship with God. The enemy of peace isn't opposition, persecution, threatened poverty or so on. It's busyness, fatigue, over-commitment, saying yes to too much, and running too fast. In this message, you will be encouraged to find rest for your weary soul.

DISCUSSION QUESTIONS

1. The first sign of Soul Fatigue that Pastor Matt taught about is "Being in a constant Rush". Do you ever feel this happening in your life?

2. The second sign of Soul Fatigue is "Choice Overload". What are some examples of Choice Overload you have noticed in your life?

3. The third sign of Soul Fatigue is "Information Overload". Do you ever look at your email in the morning and experience Information Overload? What are some other ways you experience this?

4. Pastor Matt urged that we evaluate ourselves on being Spiritually Stagnant. If you can be vulnerable for a moment, how do you rate yourself in this area?

5. The last sign of Soul Fatigue is “Decreased Love”. John 10:10 says, “The thief comes only to steal, kill, and destroy; I have come that they may have life and have it to the full. Have you ever noticed your capacity for loving others shrinking? If so, how did you become aware and what did you do about it?

6. Psalms 23:1 tells us, “The Lord is my Shepherd, I shall not want.” What does the Lord being your shepherd mean to you?

7. Pastor Matt asked, “Do you ever worry?” Read Matthew 6:25-34. Instead of worrying, what does God tell us to do?

8. James 4:2 tells us, “You do not have because you do not ask.” Pastor Matt exhorted us that when we feel worried to pray and ask God for His help. What do you normally do when you’re worried? Is it hard for you to pray and ask God for His help when you feel worried?

9. Psalms 23:1 after David says, “The Lord is my Shepherd,” the next words are, “I shall not want.” How can you go from wanting and discontentment to being satisfied and contented?

10. In Psalms 23:2 David says, “He makes me lie down in green pastures.” Sheep won’t lie down and rest if they are fearful, hungry, or in conflict with another sheep. What keeps you from resting in God’s grace?

11. Psalms 23:2-3 says, "He leads me besides still waters, He restores my soul." To get away from all the noise around you and let God restore your soul, Pastor Matt suggested a media fast. What do you think and feel about this?

12. Read Matthew 11:28-29. If we are already feeling burdened in our lives, why does Jesus tell us to take his yoke upon us (another burden) and then we will find rest for our souls?

NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)

- I will live in the constant care and protection of the Good Shepherd.
- Instead of worrying I will pray and ask God to take care of me.
- I will not try to get some external circumstance to bring soul satisfaction.
- I will schedule a time to rest this week.
- I will fast from noise, providing space and time for God to speak.

SCRIPTURE REFERENCES

- Matthew 11:28-29
- Psalm 23:1
- Proverbs 3:15
- John 10:10
- James 4:2
- Psalm 127:2
- Psalm 4:8
- Matthew 11:28
- John 10:11

Prayer Request(s)
