

Week 1:

# An Over-Taxed Soul

REST<sup>for</sup>  
the SOUL

## Questions

1. What illustration, story or scripture had the greatest impact on you this week?
2. Read Matthew 11:28-30. What things in your life are leading you to feel exhausted and stressed? What steps can you take to find rest in Jesus?
3. Read Psalm 46:10. Why do you think so many people's lives are overwhelmed with busyness? How does the world's understanding of rest compare to Psalm 46:10?
4. Proverbs 3:5 teaches us to trust God and not our own understanding. Do you think this means that you should not gather all the facts before you make a decision? Do you seek advice from wise friends? Most importantly, do you pray for God's guidance when making an important decision, and if not, how can you change that?
5. Pastor Ron talks to us about being busy with the wrong things. What differences do you see in your busy life and the busyness of Jesus? How can you follow the example of Jesus to find rest?
6. When have you experienced a time that you have worked to gain the acceptance of others instead of resting in the fact that God has already accepted you? What was the result?

## Scripture References

Read Matthew 11:28-30; Psalm 46:10; Luke 10:38-42; Isaiah 40:28-31

## Takeaways

We were never meant to be everywhere, know everything, or do everything all at once. That's God's job.

Any **standard** that ever needed to be met; Jesus met for you.

Any **acceptance** that you desire, Jesus has already given to you.

Learning to find rest in who Jesus is and what He's done for us, **regardless of how busy we are**, is the key to the over-taxed soul.

## Weekly Action Step

Every day this week, set an alarm to purposefully rest for 10 minutes in the presence of God.