

Week 2:

An Exhausted Body

REST^{for}
the SOUL

Questions

1. What illustration, story or scripture had the greatest impact on you this week?
2. Read Psalm 39:6. Why do you believe people have such a habit of rushing and hurrying through life?
3. When you're exhausted, how does it affect your relationship with God and with others?
4. Next time you're feeling physically worn down, what are some things you can do to draw close to Jesus and rejuvenate your body and soul?
5. Read 1 Kings 19:4. Elijah is overwhelmed by fear, depression and exhaustion and wants relief from his circumstances, even if it means death. Has there been a time when you have asked God for relief from your circumstances in the face of overwhelming exhaustion? What happened next?
6. Pastor Ron reminds us that it's normal to have needs. But so often we want to be independent and self-sufficient, not relying on God, but our own abilities. Are you acting as your own shepherd? In what areas of your life do you need to acknowledge your needs and invite God in? (Repairing relationships, addressing fear and anxiety, or acknowledging that you are just a steward of God's provision?)

Scripture References

Read Psalm 39:6; Matthew 6:31-32; Psalm 23:1-3; 1 Kings 19:3-9

Takeaways

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

What Might Be Exhausting Your Body: Physical challenges or poor health, labor or your job, emotional drains, mental exertion.

Are you the **creator, provider, and sustainer** of your gifts, talents, and blessings or are you simply a **steward** of them?

Sheep don't always know how, when and where to rest – but the Good Shepherd does.

Why an Exhausted Body Might Be a Good Thing: An exhausted body is usually evidence we haven't been lazy. An exhausted body reminds us that we're not God. An exhausted body reminds us to rest physically, emotionally or mentally. An exhausted body affords us the opportunity to hear from God and enjoy His refreshment.

Even Jesus rested, so should we.

Weekly Action Step

Recite Psalm 23 each day this week, internalizing the stillness that God can bring into your soul if you allow it.