

STOPPING TO REFUEL

When You're Running on Empty

Genesis 4:11-12 & Ecclesiastes 2:22-23

THE CURSE OF THE RESTLESS SOUL

✓ THE RESTLESS SOUL IS SEARCHING BUT NEVER FINDING. (Genesis 4:11-12)

✓ THE RESTLESS SOUL IS INTERESTED IN EVERYTHING BUT SATISFIED WITH NOTHING. (Ecclesiastes 2:22-23)

WHERE DO WE FIND REST FOR OUR SOULS?

✓ OUR SOULS FIND REST IN GOD ALONE.
(Ps 62:1, Matt 11:28-29)

THE CURE FOR THE RESTLESS SOUL

✓ BE STILL BEFORE GOD.
(Ps 46:10, 131:2)

✓ WAIT FOR GOD.
(Ps 37:7, 130:5-6)

✓ REFLECT ON GOD'S GOODNESS.
(Ps 116:7-9)

Stopping to Refuel_Part2...Message by Pastor Jesse E. - (7/5/15).
Sermon Series: When You Are Running On Empty

REALife Application

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step. If you're leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

• What's the most relaxing vacation you've ever had? What made your vacation so relaxing?

Read Genesis 4:11-12 and Ecclesiastes 2:22-23.

These verses talk about the curse of the restless soul.

• How restless is your soul? What do you think may be causing your restlessness?

• The restless soul is searching but never finding. What things is your soul currently searching for?

Read Psalms 62:1 and Matthew 11:28-29.

These verses show us that the only place our souls can find rest is in God alone.

• What's keeping you from finding rest for your soul in God?

• What steps will you take to find rest for your soul in God?

Read Psalms 46:10, 131:1-2, 130:4-5, and 116:7-9.

These passages from Psalms show us ways we can find rest in God.

• What do you think it means to "Be still, and know that I am God"?

• We find rest in God when we wait for Him. What are you waiting for God to do? How patient are you being?

• We find rest in God by reflecting on God's goodness. What are some ways you've experienced God's goodness?

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