

Now I Lay Me Down to Sleep

Running On Empty

September 8, 2024

Notes

Questions for Personal Reflection and Group Discussion

1. Read Deuteronomy 6:4-5.

What do you think of when you hear the word 'soul'?

Pastor Chris shared in his sermon that the Hebrew understanding of the word 'soul' incorporated everything about who you are. Thinking about it that way, what does it mean to love God with all your soul?

On a scale of 1 to 10, with 1 being dry and depleted and 10 being thriving, what is the condition of your soul right now? What part of your soul is weary?

2. Read Psalm 1:1-3.

How does the psalmist describe the kind of life that one who delights in the Lord should experience?

What do you think the word 'prosper' means here?

3. Read Romans 15:13 and John 10:10.

The apostle Paul helps us understand what a flourishing or prospering soul looks like in Romans 15:13. How does he describe it?

What do the words of Jesus in John 10:10 add to your understanding about the kind of life He wants you to experience?

4. Read Deuteronomy 4:9, Mark 8:36-37, and 1 Thessalonians 5:23.

Of what benefit to your soul is remembering and retelling of God's faithfulness? Write down three ways God has been faithful to you this week; then, tell someone about it!

What does it mean to guard your soul? Is there anything you've allowed into your life that puts your soul at risk? What is it and what do you need to do about it?

5. Read Matthew 11:28-30.

Where do you go or what do you do when you're weary? Is there a better option you could choose that would bring real rest and refreshment to your soul? What keeps you from choosing the better option?

6. Read Psalm 42:1 and Psalm 23:3.

Where will you turn to fill the longing in your soul this week?