

**Just Do It**  
Running On Empty  
September 22, 2024

Notes

## Questions for Personal Reflection and Group Discussion

### **1. Read *John 10:10*.**

What kind of life does Jesus want you to have?

Is that the kind of life you are experiencing? If not, why is that?

What is getting in the way of you having the rich and satisfying life that Jesus wants you to have?

### **2. Read *Matthew 11:28-30*.**

What is making you feel weary today?

What does Jesus promise in these verses?

In what ways is your current daily reality out of alignment with what Jesus wants for you?

What could you adjust in your routine that would help fill your physical tank?

### **3. Read *Psalms 42:1-2*.**

Does your soul long for God? How are you making space for Him to meet your needs?

In what ways has God provided for you physically in the past week? What could you do differently to position yourself to receive even greater physical refreshment from God?

### **4. Read *1 Kings 19:3-18*.**

In what ways do you identify with what Elijah is feeling in this story?

How does God minister to Elijah and provide for Him?

What encouragement does this story give you?

### **5. Read *1 Corinthians 6:12-20*.**

In what ways are you not honoring the body that God has given you?

Why does taking care of your body matter so much?

In terms of caring for your body, what change is most needed in your life? What will you do about it?