

# **RUNNING ON EMPTY – Week 1 Small Group Guide**

## **“Tired of Being Tired”**

Matthew 11:28–30

### **Opening Icebreakers**

1. When you hear the phrase “running on empty,” what comes to mind right away?
2. Which kind of tired hits you the most right now...physical, mental, emotional, or spiritual?

### **Digging Into Scripture**

3. Read Matthew 11:28–30. Who does Jesus specifically invite to come to Him?
4. What do you think Jesus means by “rest for your soul”?
5. Why does Jesus say “Come to me” instead of pointing to a system?
6. What stands out about Jesus being “gentle and humble in heart”?
7. How does the image of a yoke help you understand following Jesus?

### **Personal Reflection & Application**

8. What are you currently carrying that feels heavy or exhausting?
9. Which statement fits you best right now: carrying too much, drifting, or not connected?
10. Where are you trying to control everything instead of trusting Jesus?
11. What would it look like for you to come to Jesus this week?

### **Living It Out**

12. What is one burden you need to give to Jesus this week?
13. What is one way you will walk with Jesus this week?
14. Where are you leading instead of letting Him lead?

### **Prayer Time**

- Confess what you’ve been carrying.
- Ask for trust and surrender.
- Pray for others who are running on empty.