

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

Welcome!

SERIES: SOUL REPAIR

Today's Message: Fighting Fatigue

Dr. Lance D. Watson, Senior Pastor

PRAYER: God, you are our restoration. You are our redemption. Often we overextend ourselves and operate solely in our own strength. Sometimes we move with no thought of what is wise. Forgive us Lord and guide us now in ways that will restore our soul. Refresh our spirit. Restore our vision. Revive our hope. In the name of Jesus we pray, Amen.

ICEBREAKER: What is the scariest movie you've ever seen?

INTRODUCTION: Fatigue is normal after more than a year in pandemic. Perhaps our fatigue is not as extreme as a woman suffering for year, but it doesn't have to be. It only needs to be there, never departing and always just around the corner, always consuming spiritual, emotional and physical energy. It can be forced on us by circumstances or induced by the choices we make. If like a forest fire it only burns out when everything is consumed it leaves only charred remains. This woman's experience shows us how to push through and find the repair that our souls and lives need.

SCRIPTURE: Read Luke 8:40-48 (New Living Translation)

DISCUSSION:

1. What stood out in today's message? How have you experienced fatigue in your life? How did you respond? The pandemic has raged for more than a year, with what parts of "pandemic life" have you just grown tired?
2. How does fatigue control us and/or distort the truth? What is a consistent pattern that you find yourself doing in response to fatigue?
3. Read Luke 8:40-48. How does God speak to you in times of fatigue, doubt and fear? When you are in season of doubt and fear what things can you do to remind yourself the truth of who God is?
4. What are some of the things in your life that keep you from becoming fatigued? What fills your tank to keep you fresh? How does the woman in our text respond to her fatigue? How do you respond to yours?
5. Who are the people around you that speak truth into your life? What can you do to encourage the right people to speak the truth to you when you find yourself fatigued, afraid or doubting? What do you say to people who are in a season of fatigue, doubt and fear?

CHALLENGE: Who is one person that this week needs you to lovingly speak truth into their life? Let God use you.

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SERVE: Pray over Luke 8:40-48 this week. **Praise** God for providing in the midst of our fatigue. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472
EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)
EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)
EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000
EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory
EMAIL:

- Imagination (0-10): Vernita Williams (Vernita.Williams@myspbc.org)
- SMB (11-19): Martina Jones-Smith (SMB: Martina.Jones-Smith@myspbc.org)
- Dreamchasers (20-29): Curtis Ballard (curtis.ballardjr@myspbc.org)
- Aspire (30-39): Lance Watson, Jr. (lance.watsonjr@myspbc.org)
- Fusion (40-49): Michelle Townsend (michelle.townsend@myspbc.org)
- Encore (50-59): Jamie Duncan (Jamie.Duncan@myspbc.org)
- Prime Time (60-69): Maceo Freeman (maceo.freeman@myspbc.org)
- Refiners (70+): Wallace Simms (Wallace.Simms@myspbc.org)

*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.*