

En Gedi 2 NOTES

"Warning Signs"

January 15, 2023

Matt Mizell

- **If you ignore every _____, you'll soon be _____.** (1 Samuel 23:28, 1 Samuel 24:2-4a, Philippians 4:6-7, 1 Samuel 24:4b-20, Proverbs 3:5-6)

- **Taking the time to _____ will allow you to experience God's _____.** (Psalm 23:1-3)

Go Deeper:

1. Thinking through the 11 warning signs mentioned in Pastor Matt's sermon, which one(s) do you feel like might exist in your life?
2. What consequences have you experienced or seen in others who have neglected rest in their lives?
3. Do you believe that rest allows you to think more clearly? Why or why not?
4. How can a band of brothers or sisters allow you to get better rest?
5. How can you be more intentional about seeking out rest?
6. What step(s) can you take today based on what you heard or learned from this week's sermon?
7. Read each verse listed above and pick one verse and apply SOAP (Scripture, Observation, Application, Prayer).

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