

Talk it Over: Dis-ease, Week 2

June 13-14, 2020

Looking back at the message this weekend, what was the key thought for you?

Key Scripture

Come to me, all who are weary and heavy burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29

Other Scripture

Genesis 2:7, Genesis 4:11-12, Ecclesiastes 2:22-23, Matthew 11:28-29, Psalm 62:1, Psalm 131:1-2, Psalm 130:5-6, Psalm 116:7-9, Matthew 11:28-29

Key Thoughts

How can I know if I have an anxious/restless soul?

The Restless Soul: Always **searching** but never finding. Interested in everything, but **satisfied** in nothing. A restless soul trades **business** for peace.

Our souls find rest in **God** alone! (Psalm 62:1)

3 ways we find rest in God...

- Be **still** before God. (Psalm 46:10)
- **Wait** for God. (Psalm 37:7)
- Reflect on God's **goodness**. (Psalm 116:7-9)

Big Idea: There is nothing outside of God alone that brings rest to our souls.

Start Talking

Ice Breaker: Can you think of a time that you ignored a health situation and it got much

worse? What happened? Now consider how this same thing can happen when we ignore our soul and allow a spiritual wound to get worse. Discuss your experience with the group.

Start Thinking

Pastor Troy talked about how all the things going on in the news has led to anxiety and some sleepless nights for many people, including himself. When there is so much going on, it can be easy to focus on the problems and not the reality that God is greater than our problems. Why should Christians be the ones in this time who can stand up and press on?

This sermon focuses on the pain of the restless soul, and how God alone is the answer. Why can it be so hard to see God as the answer? What are some other things we look to for comfort or assistance?

Pastor Troy gave an explanation for a restless soul? Do you find yourself today or recently fitting some or all of that definition? Why or why not?

God never intended us to live with a restless soul. Jesus' instruction in Matthew 11:28-29 demonstrate that He desires for His people to know rest and peace. But too often, we try to fix things ourselves or just ignore our worries and seek busyness.

Jesus is waiting for us to rely and trust on Him. What makes this so hard in the middle of the emotional fight?

Start Sharing I mean Listening

Pastor Troy commented, "There is something about stillness that makes us more aware of God in our lives." The first step he outlined was to be still before God. The Lord wants us to listen and seek the prompting of the Holy Spirit. Sometimes this requires us to wait. And as we wait, we can reflect on the character and the goodness of God.

Have you ever tried to listen for God's guidance during your prayer time? What was that like? You may not hear anything audibly, but God can still speak to your spirit. Many times, it is a prompting or thought that you hear in your voice, but it something that you would probably never say or come up with on your own. It may not even be profound, but it certainly won't satisfy your flesh.

Let's change things up a bit this week and have a sharing session where you seek to hear from the Holy Spirit, not

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just the other people in the group. Take 5-10 minutes of silence and ask the Lord this question, "What do you want to speak to my heart today?" If your mind starts to wander, silently thank God for His love and think about the question. Take about 20 minutes to go around and debrief this experience with your group. Did a Scripture come to mind or a song? What about an experience that happened this week? Feel free to write down any impression or thought that comes to mind? Many people struggle with listening prayer. Why can this be so hard?

Start Praying

The most important fact in this battle is that our souls find rest in God alone (Psalm 62:1). No other person, no job, nothing we own, no amount of money can do what only God can do.

Take a few minutes to go around as a group and think about the character of God. Each person who desires should out loud thank God for an aspect of His character or what He has done that most jumps out to them. Don't be shy. Praying out loud can activate our faith and help us reflect. The truth is that we need to get comfortable with uncomfortable silence.

Start Doing

Do you find yourself to be a lot like that kid who Pastor Troy mentioned that can never sit still? Resting in Christ is both a gift and something we have to practice. Many times, it involves

focusing our mind as we start our day. It requires intentionality.

Takes Pastor Troy's challenge to ask at the start of every day, "What are you trying to show me today?" Look to the Bible to be God's mouthpiece for this exercise. Try to do this for a week and see how much more aware of God's presence in your life. And this reality will help calm your restless soul.