

I'M FINE

HOW GOD MEETS US WHEN WE'RE NOT

Exhaustion

January 2, 2022

Reflect + Discuss

- Have you been part of a team activity or group project that would have left you exhausted had you tried to accomplish it on your own? Share about that experience. What parts were frustrating, rewarding, eye-opening, etc.?
- Read Luke 8:22-24, Exodus 18:14-18, Ecclesiastes 4:4-6 and Matthew 11:28-30. What stands out to you from the text? What questions do you have?
- Pastor Chris mentioned 4 lies that can lead to our exhaustion (1: I don't need to rest. 2: I've got to do it myself. 3: I'm afraid that I'll miss out. 4: I must work hard to be accepted.) Which one feels most applicable in your life, and why? What other lies do you tell yourself that lead to your exhaustion?
- If you had a battery indicator symbol above your head right now, what would it say? What has been draining your energy, or what has been replenishing your energy?
- Read Matthew 11:28-30 again. Is the idea of a yoke as a pathway to rest challenging for you? Why or why not? What barriers or obstacles are preventing you from taking Jesus' yoke?
- What is one step you can take this week to tie yourself to Jesus?

Pray

- Thank God for His invitation to lay down your burdens and ask Him to empower you to take Jesus' yoke and rely on Him for true rest.

Next Steps

- Take time to reflect on the passages listed above and think about the coming year. What are some steps you can take to tie yourself to Jesus in 2022? Write out a draft of your plan, and revisit it throughout the year.