

TALK IT OVER

Main Ideas

1. God can only pour in to the extent we have poured out.
2. Rest is a discipline that must be exercised.

Key Scriptures

Whoever walks with integrity walks securely, but whoever takes crooked paths will be found out. Proverbs 10:9

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33

Hope deferred makes the heart sick, but a desire fulfilled is a tree of life. Proverbs 13:12

Come to me, all who are weary and heavy laden, and I will give you rest for your souls. Matthew 11:28

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

Therefore let us be diligent to enter that rest, so that no one will fail... Hebrews 4:11

If we don't pace ourselves, we will flame out, pass out, and tap out.

Warning signs:

1. If we flame out we are in danger of losing our integrity.
2. If we pass out we are danger of losing our ambition.
3. If we tap out we are in danger of losing our hope.

Start talking.

- What are the results of an unhealthy pace of life?
- How have the last 4 months made it difficult to find consistent rest?

Start thinking.

- Flaming out can result in us losing our integrity. Read Proverbs 10:9. How do those two ideas connect?
- Read Matthew 6:33. How does that relate to our ambition?
- Read Proverbs 13:12. The Hebrews felt the "heart" was the foundation of our selves. How does a loss of hope erode our foundations?

Start sharing.

- Read Matthew 11:28. What are the steps to receiving Christ's rest?
- Are there times when you hold back all you've been feeling from even Jesus? Why is that?
- Are there worries and stresses you still cling to? What would it look like to pour those out to Jesus? How might that help?

Start doing.

- Read Hebrews 4:11. What can you do to be "diligent" to empty yourself so as to receive His soul rest this week?
- How can you apply greater discipline to consistent rest this week?

Closing prayer.

Jesus, I am tired. I am weary of all the stress, anxiety, worry, and fear surrounding me. Help me draw close to you. Help me pour out all those things that overwhelm me and threaten to crush my spirit. Protect me from losing my integrity, my ambition, and my hope. Guard my heart and my mind through your soul rest. Help me to discipline myself to pursue and receive your rest consistently. I praise you that you see me, you know my heart, and you are ready to pour more of your Spirit into me.