



## Week Two | I'm More Than Just Tired | 01.15-16.2022

**Grow Deep Conversation Questions:** Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90-minute group gathering.

**Series Recap:** What if you declined a life of fine? In a world so concerned about facade and success, we hide behind lies that society has deemed acceptable but actually cover feelings of inadequacy and fear. It's time to say what we mean and begin to recognize that the life that Jesus offers is truly so much better.

### »» Opening

(3 minutes)

- Introductions - This is especially important if this is your first meeting and if there are new members.
- Housekeeping - Clarify expectations:
  - Remind your group that this is a confidential meeting.
  - **Remember, there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - Open your time together in prayer.

### »» Introduction

(12 minutes)

- Ice-Breaker: On average, how many hours of sleep do you get? Is it enough?
- Digging Deeper: Being tired is often a symptom of something missing or added. What might be making you tired?

### »» Observation | Read John 4:13-15; 10:27-30; Matthew 11:28-30

(12 minutes)

- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

### »» Key Principle | You don't need to carry what Jesus already conquered.

(12 minutes)

- What are some of the weights in the world today that people are trying to carry? What happens when we remember we don't have to?

### »» Sin Sucks You Dry | Reread John 4:13-15

(12 minutes)

- What do you repeatedly turn to when you are tired to try and remedy the exhaustion? (Ex: Naps, vacations, substances, relationships)

### »» The Voices are Heavy | Reread John 10:27-30

(12 minutes)

- What voices (expectation, good intention, fear) do you give too much space to in your mind or heart that is adding extra and unnecessary weight for you to carry?

### »» He Wants You | Reread Matthew 11:28-30

(12 minutes)

- What rhythm do you need with Jesus to make Him the center of your world? (Ex: Daily time with God, Weekly time in worship, Regular time with community, consistent investment in others, ongoing habits of generosity and service)

### »» Next Steps and Prayer |

(15 minutes)

- What step of **home** (the space and routines that can bring peace or rob it), **health** (the sustainable and unsustainable patterns), **hope** (allowing people and perspectives to shine light into the darkness you are going through), or **help** (trusted and safe friends, counseling and medical care) do you need to take right now?
- Close by praying for each other to take a step toward Jesus this week to allow Him to provide real rest for your weary souls.