



**Sermon-based small groups connect the week to the weekend!**

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** Tired on The Inside, 4/25/2021- Rest is something God commanded us to do but we struggle to find new space to really rest and so many of us are tired on the inside. This talk looks at a Psalm King David wrote in the midst of despair. This is the reality and reminder we need as we all look to find rest. (Passages: Psalm 62, 2 Samuel 15:30, Isaiah 26:3)

**Discussion Questions:** Take your time and dig into these questions.

On a scale of 1-10 (1 = I've got nothing left; 10 = I feel like superman) how tired do you feel right now?

Can you remember and describe a time when you felt "tired on the inside"?

What are some things that are wearing people down on the inside these days?

What is one thing that has been exhausting you?

Read Psalm 62. What is one part of this chapter that really jumps out at you? What about that part spoke to you?

Take some paper and a pen and write your verse 3 and 4. The things you have going on in life that are wearing you down or adding stress to your life.

Is anyone in the group comfortable enough to share some of the stuff you wrote in verse 3 and 4?

How can you practice proclaiming the reality of your faith even when you don't feel it (verses 1 & 2) and practicing remembering the truth (verses 5 & 6).

Anything else jumps out to you from this message or passage?

**Group Challenge:** Write down a personal prayer requests from each group member. Commit to praying for each other every day until the next group time.