



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: Worn Out, 5/9/2021-Somethings wear you out faster than others. Dysfunction is one of those things. It always flares up at the worst possible moments and it exhausts us on the inside. Whether it is the dysfunction of detour from God's design, disruption from God's plan or disappointment the fix is to find a new rhythm and space for rest. Moses had four fortunate spiritual practices that helped him find the rest and confidence he needed to move forward: spiritual rhythm, boundaries, honest relationship with God, and God's presence. (Passages: Exodus 33:7-18; Matthew 11:28-30)

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

What are some things that wear you out fast and why do you think they do?

Do any of you have a funny or serious story you can share of time when dysfunction flared up at a less than desirable moment that you can share with the group?

The message mentions three types of dysfunction that can wear you out: Detour (ignoring God's direction), Disruption (when you or someone else detours), and disappointments. What are some examples of each one that you see wearing people out?

Review the context and then read Exodus 33:7-18. What part or parts of this passage stick out to you and why?

Moses had 4 fortunate things going for him that helped him find the confidence, peace and rest to move forward: A Healthy Rhythm, Boundaries, An Honest Relationship with God, and a practice of seeking God's Presence. Which one do you think you could benefit from working on? Why did you pick that one?

What is something from this message that you can put into practice this week to help you find more rest?

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.