

Discussion Guide

Traveling Light

August 14, 2022



Big Idea

God will help you to carry your burdens of weariness and worry so you can rest.



Icebreaker

Share a season of life, or a story from your life regarding a time when you were really sleep deprived.



Discussion Questions

1. Read Psalm 23:2-3 (NIV). Part of a shepherd's job is to guide his sheep. To what does your offered Good Shepherd (God) want to guide you towards? What does it take for us to get there, and why don't we often? Who is responsible for that?
2. John 10:10-11 (NIV). These verses compare and contrast Satan and God. What is Satan's goal? Does Satan *really* have the power to keep us weary and full of worry? If we are full of those things, who is responsible? What can we do about that going forward? Why does Satan want to keep us tired from being consumed with worry; what is Satan afraid of?
3. What are some of this world remedies we enact to try and alleviate weariness and worry? Are they all bad, or just inadequate, without including dependance and trust in God in the equation? Where should we go first and when we do, what should we do?
4. What actions of God in the Bible on the behalf of His people should instill a confidence and trust in Him as we are weary and full of worry? What examples/testimonies from your own life should act as catalysts to empower you to have a confidence and trust in God as you face current worries?
5. How much sleep do you feel you need consistently in order to function very well? Describe a time or a season where you were not getting this amount? How did it impact your physical well-being; relationship with others and why?
6. What is a major worry that you are facing today? Does it help you to know that it is not your job to *run the world* and that *you are not the one keeping the world spinning*? Are there things you can do to address this worry? What are they? Are there things you can't do (out of your control) to address this worry? What must you do with these latter things?



Concluding Question

Do you have any other points or thoughts that struck you from the sermon that you would like to share; get input from others on? What are they?



Application

1. What do you think the Holy Spirit may be saying to you through this sermon and our discussion?
2. What is something God wants you to do now?
3. Is there a way we can help each other apply what God is showing us?



Prayer

- Thank God for being the One who can and desires to create the right conditions for us to rest well. And lift up one another's worries in prayer.