

A Case of the Mondays
“Recovery”
September 29 & 30, 2018
1 Kings 18:21 – 19:18

Big Idea

Recovery with God is key to a healthy work life.

Scripture

Psalms 46:10

John 14:17

Discussion Questions

1 – What is something that helps you look up to God? Do you do this when you are in a busy season? Why or Why not?

2 – Do you have an unhealthy habit you fall into when you are rushed or busy? What is that habit? Why is it easy to fall into this habit?

3 – Read Psalm 46:10. How does knowing God is exalted on high help us focus and be still? How does this help you recover after a busy week?

4 – Do you slow down long enough to listen to God? How do you know it is Him speaking?

5 – Read John 14:17. What does God give us as Christians to help us? How can this help us recover from our work?

Next Steps

What is one thing you can do this week to find time to be still and listen to God? Schedule time to do that this week.

Prayer Focus

Ask God to reveal to you where you need to spend more time taking care of your body, being still, and listening to God. Ask Him to show you when you need to take the time for these things.