



DIG DEEPER QUESTIONS



JUNE 6: SOUL FATIGUE

1. Think of a time when you experienced soul fatigue. Describe how it felt and how it impacted your life at that time.
2. How did your body, mind, or spirit alert you to your soul fatigue? What do you think caused or contributed to your soul fatigue?
3. How and where can you find rest from those things that physically, mentally, or spiritually drain you?
4. What is one change you can make in your life to prevent and/or heal soul fatigue?
5. As you begin the summer of 2021, which of the following best describes your attitude:
 - I am looking forward to all the summer plans ahead.
 - I feel the knot in my stomach when I think of the busy schedule this summer.
 - I wish there was a way to slow down the pace of life this summer.
 - I want to make a change in my life and the life of my family this summer.
6. Which of the following can you begin to implement in your life?
 - Sit down with your spouse, family, or yourself to assess the pace of the summer ahead.
 - Brainstorm ways to stop the rat race of life and adopt a more sustained pace.
 - Spend some daily quiet time with God in Bible study and prayer, and let the Holy Spirit begin to heal your soul fatigue.



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JUNE 13: READY

1. Think of a time when you prepared for an event or trained for a competition. What did you have to do to get ready?
2. Describe how it felt as you were getting ready. Nervous? Exhausted? Excited?
3. If your spiritual life is like a marathon, what challenges could you face along the way from birth to death?
4. If your spiritual life is like a marathon, do you have the stamina to endure the challenges you may encounter along the way?
5. What are some ways you can train for this race so you can be ready no matter what you face along life's way? In other words, what can you do to keep your faith strong?
6. As you begin the summer of 2021, what can you do to energize your spiritual life?
 - Commit to spending time with God in His Word each day.
 - Pause to pray throughout your day.
 - Share the journey with Christian friends by joining a small group.



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JUNE 20: SET

1. Which of the following best describes the pace of your life?
 - My life is fast-paced.
 - I live my life slowly and deliberately.
 - Sometimes my life is so busy that it often feels out of control.
 - Sometimes my life feels sluggish and non-productive.
 - The pace of my life works for me.
2. What are the external factors that set the pace of your life?
 - Work schedule
 - Kids' activities
 - Extended family commitments
 - Social commitments
 - Church-related commitments
 - Fun
 - Others
3. What are the internal factors that drive the pace of your life?
 - My quest for success
 - My need to please or impress
 - Feeling the weight of my responsibility to others
 - Laziness and lack of motivation
 - Health issues - physical, emotional, spiritual
 - My love for my spouse and/or family
 - Others
4. How does the pace of your life affect your family or those around you? How does the pace of your life affect your physical, emotional, and spiritual health?
5. What is one change you can make in your life that will help you align more closely with the way Jesus lived His life?
6. What does it mean to you to walk in the Spirit?



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JUNE 27: STOP

1. What does Genesis 2:2-3 say God did when He finished creating the world? Why did God need/want to do this?
2. Exodus 20 lists the Ten Commandments. One of those commandments tells God's Old Testament people to remember the Sabbath Day. Verses 6-11 gives specific instructions about how to make the Sabbath Day holy. Most Christians worship on Sundays; that is our holy day. How can you make this day holy each week?
3. Why is it important to take time to STOP? What would that look like in your life? How would it change your life?
4. This sermon series began with Matthew 11:28 and ends with it as well. What message does this verse have for you, your family, and your life as you move through this summer?
5. Are you **READY** for Summer, 2021? Are you gearing up to **SET** a new pace for this summer? Are you committed to taking time to **STOP**?