

Soulfull

*Is it well with your soul? For so many of us the honest answer would be “no.” We have accepted as normal a way of doing life that is toxic to our inner world. But Jesus is offering a way to live that promises rest for our souls. We can redefine normal. We can take his yoke. We can be soulfull!*

**Week 3: Get Still!**

**“Yes, my soul, find rest in God . . .” (Psalm 62). The following questions allow for both reflection and challenge about caring for our souls. Please discuss.**

1. What changes have I made, or plan to make, in light of this series?
2. What memories do I have about the times I felt like I was living with a rested soul?
3. Have I taken steps to simplify my schedule? Do I have a plan in place? Is there a reason why not?
4. What boundaries are in place on my use of TV, computer, smartphone, social media, or video games? Should I confess any of these as addictions?
5. What are my intentional routines for being still before the Lord? What about with doing Sabbath on a regular basis? If I don't have a routine here, is there a reason why not?
6. When I am at home, is time spent with my family slow and full of quality? Does what I do now place a high priority on my spouse and children; those God has entrusted to me?
7. What hobbies consume me right now and might be damaging to my soul? Do my hobbies indicate that I must always be doing something? How will I change this?
8. Do I consider being at church a respite for my soul before God? Do I have Shepherds I know by name and encounter at church? Do I linger when Rick, Taylor, or a host calls me to come for prayer? What should I change to find real rest for my soul at church?
9. When I am at work, does a frenetic pace to make more money expose my lack of confidence in the sovereignty and provision of God? How can I put my trust fully in God in my work?

**May God bless you as you find rest for your soul!**

