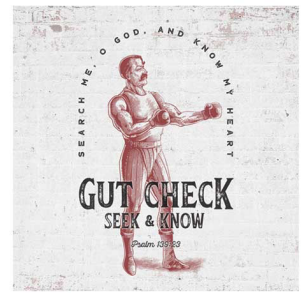


My Soul Rest

With so much going on around us, we can't lose track of what's going on within us. A **"gut check"** is a pause to assess the state, progress, or condition of something. Let's assess the different facets of our relationship with God, and check if we've got what it takes.



INTRODUCTION

I Kings 19 contains an account that we continue studying this week. Elijah had just experienced major and miraculous victories God had performed through him. Yet, he found himself in a place of isolation with an unsettled soul. Like Elijah, we often find ourselves in need of soul rest. While this approach may seem to run counterculture, God is very purposeful about His desire for us to have rest within our souls.

STARTER QUESTION

A fundamental desire God has for all of humanity is to find true rest – soul rest. We all need physical rest, emotional rest, and mental rest. But at the center of it all is soul rest. God demonstrated the importance of rest in His creation when He rested on the final day. Amid a society that often has us running like a hamster on a wheel, are we making the effort to truly experience soul rest? Do you have some examples of people who are making the effort or people who are not...and the impact that has on those people and those around them?

INTO THE WORD

Read Psalm 55 and Psalm 62. These two Psalms have different themes, but both express a longing for rest. What verses speak to you? Do you ever find yourself looking for soul rest somewhere other than God? What is the result?

The concept of rest is so important to God that He included examples in both the Old and the New Testaments for our benefit. Read Genesis 2:2-3 and Hebrews 4:9-13 to discover these truths. Are there other examples you can find? Why is rest so important? Think of a time in your life when you experienced a setback due to not resting enough. What are some changes you can make moving forward?

In John 8:44, Jesus refers to the devil as a liar and the father of liars. We are encouraged in God's Word to be on guard against the enemy, as he is a deceiver. Today we learned about three core soul lies. Which lie do you struggle with in your own life? The lie of performance, people pleasing, or control? When we start to buy into one of these lies, what are some steps/thought processes/scriptures to focus on to help expose each of these lies and get us focused back on God?

APPLICATION

"Don't wait for God to make you feel better before you act; act until you feel better about God." This concept might seem odd to new believers, and even some experienced believers. How would you explain this to someone who may not understand? Is there something that God has been asking you to do that you have not done yet? What is holding you back?

Pastor David said that we find soul rest in rediscovering our identity, articulating our desire to please God, and relinquishing our control. Jesus' greatest recorded moment of needing soul rest occurred in Gethsemane. Did He do the things listed? How? What are the implications for us? Take some time to commit your soul to God in prayer, as Pastor David encouraged us to do this week.

As an exercise in evaluating the condition of our souls, think about behaviors that you do or do not like in yourself. What attitude in your heart causes these behaviors? Consider the four ways to find soul rest (carve out time with God, identify the lies, honest repentance, and act in courage) and commit to a partnership with God to be more like Jesus during the next week.

PRAYER

Lord, please help me rest - physically, mentally, and spiritually - with You. Help me to honor the way You have designed this world in which we live and to obey Your example to set aside time to rest. Lord, You know I cannot do it all nonstop without being restored and finding soul rest, and I want to be at my best to do Your will. Thank you for restoring me through You! In Jesus' name I pray, amen.