

Run to the Rest
Matthew 11:25-30
Growth Group Questions
Week of October 14, 2018



1. Grade your exhaustion on a scale of 1-10, 1 being not exhausted at all and 10 being completely burnt out:
 - physical exhaustion
 - emotional exhaustion
 - mental exhaustion
 - spiritual exhaustion

2. What factors lead to exhaustion for you in each of these areas?

3. How would focusing on Jesus' completed work give you rest in each of these areas?

4. How can your friends and family help you focus on Jesus' completed work? How can you help them?

5. Write down the areas in your life that are causing the greatest exhaustion, stress, and anxiety. Write down the names of people that you know are exhausted and stressed. Ask the Spirit of God to show you how you can help carry their burden. Write down your answer.

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Feel free to use this side to take notes during today's message.