



THE CURE

FOR Burnout
INTERIM LEAD PASTOR - ZACH RUTHERFORD

May 11-12, 2024

Opening Conversation Starters

- Share a meal together.
- Share an experience from your daily devotions (How is God at work in your life?)
- Share a takeaway from the Weekend Message (What has God been saying?)

Discussion Questions from Weekend Message (To help you hear *and* practice)

- How do you unwind after a busy day? Is there a special place that refreshes you?
- Read [Exodus 20:8-11](#). What do these verses tell us about the value of rest? What attitudes reflect the fact that we underestimate the importance of rest?
- Read [Mark 6:30-46](#). What has the activity level been with Jesus and his disciples according to verses 30-32? What is Jesus' request? What does this imply about Jesus's view of rest for his followers? For himself?
- What happened in verses 33-34 to change their plans? What is the inevitable result when we try to rest (or spend time alone with God?)?
- In verses 35-36, what major challenge did the disciples have to face? What was their solution? What solution do you think you would have come up with in that same position?
- Jesus challenges them to solve the problem in verse 37. How did they respond to this challenge?
- Pastor Zach reminded us to "cast" our challenges on to Jesus. Did the disciples ever ask Jesus what they should do? How much does this reflect our tendency to make prayer our last resort?
- How did Jesus set some boundaries in verses 45-46? What is the hardest thing for you when it comes to setting boundaries for your personal time with God?

Prayer Time

Pray for each other to be able to carve out time each day to spend with God. Remember that each week we are asking each other to share how God is at work in our devotional life. Pray that your group can provide that support!

Rhythms of Discipleship



Daily
Devotion

If you need help with your own daily devotions or ideas for your group, go to our [Life Groups Website](#), [Leader Helps](#), [7 Rhythms](#), [Daily Devotions](#).