



Sermon Discussion Guide – *February 10, 2019*

SERIES – ROOTS: *Facing Times Of Drought*

TITLE - *“Facing Burnout?”*

Jeremiah 17:7-8 (NLT), Numbers 11:14-17

SUMMARY - The Bible gives us wonderful examples of cultivating a deeper faith when we face spiritual drought. It is important to grow deep roots of faith so that when we are running on empty we still find hope and confidence in God’s faithfulness. The deeper we find our roots the more likely we will still produce fruit in times of drought. This week we look at the story of Moses as he carried the heavy burden of guiding millions of people towards the promise land. It is not surprising that he faced times of burnout. Moses was teachable and willing to pursue the call on his life despite the times of drought.

DAILY STUDY & PRAYER

Read / Reflect / Respond

(*READ* the verse, take a moment to *REFLECT* on its meaning, *RESPOND* by writing down some thoughts and praying)

Monday - Jeremiah 17:7 *“But blessed are those who trust in the Lord and have made the Lord their hope and confidence.”*

Tuesday - Proverbs 3:5 *“Trust in the Lord with all your heart, and do not lean on your own understanding.”*

Wednesday - Proverbs 3:6 *“In all your ways acknowledge him, and he will make straight your paths.”*

Thursday - Matthew 11:28 *Jesus says, “Come to me, all who labor and are heavy laden, and I will give you rest.”*

Friday - Jeremiah 29:11 *“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”*

Saturday - Ephesians 6:18 *“praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance*

GROUP DISCUSSION

(*This is only a guide – select the points you want to discuss or supplement with your own materials*)

Open with Prayer

1. What is something you remember from the sermon that stood out to you or never heard before? *Feel free to read 2 versions of this story of Moses if you want: Numbers 11 and Exodus 18.*
2. Have you ever faced burnout before? Or someone close to you? In your opinion, what were the causes?
3. How are expectations and rewards related to the condition of our souls and in what ways do they lead to times of drought?
4. What is the difference between complaining ABOUT God and Complaining TO God?
5. What is a burden that is too heavy for you alone? How long have you been carrying it? Let's pray for each other this week concerning these burdens.

Close with prayer requests and prayer

NEXT STEPS (Optional for group discussion)

1. **TEMPERATURE GAUGE** – How am I doing when it comes to burnout? Are my roots deep enough to handle it?
2. **RESPOND** – How is the Lord calling me to respond? In confession and repentance? Prayer for help and guidance? Seeking out a confidant or listening ear? Take a moment to write down one action step.
3. **PRACTICE** – What is one way that you can incorporate or practice deepening your roots this week?



Sermon Discussion Guide Leader Notes

Preparing to Lead Your Group

- ✓ **PRAY** for insight as you begin to prepare for leading your group. Ask for God's wisdom, that the Holy Spirit will be the teacher and that you will be God's instrument to lead the group to greater understanding and a willingness to commit to becoming more like God. *Prayer should be your primary source of personal preparation for leading your group!*
- ✓ **PLAN** where you want to take your group during the next series. Is your group strong in some areas and weak in others? How can you challenge the members to live more balanced Christian lives?
- ✓ **EVALUATE** after each session and at the end of a series. Reflect on what went well and what didn't. Re-evaluation is key to your growth as a leader. How are you doing with leading the discussion: is it stimulating, challenging, and meaningful? Are you able to keep the group on track? Do you need to make some changes?

Using This Sermon Discussion Guide

- Review the discussion guide and sermon notes for this week. You can also view the sermon from our website, www.faithunitedepc.org. As the discussion leader, you should preview and evaluate the questions based on the needs of your group.
- Feel free to adapt the format as needed. If your group is mature and wants to dig deeper, consider using the Next Steps section or add additional Scripture and resources. Remember this is only a guide and you don't have to complete all of it. It is a tool to promote good discussion. The goal is good discussion not necessarily getting through every question.
- The questions with Bible verses associated with them are there to encourage Bible literacy. So encourage different people to open their Bibles and read selected verses if they are willing and able.
- Your goal as the leader is to bring the group into a stimulating discussion that helps the members recognize their needs for personal life change. Ultimately you want them to be willing to commit to change with accountability to the group. Accountability helps us to persevere in our commitments and achieve the blessings of success.