

The Burnout Society: How To Take a Real Rest

This is the opportunity for your group will discover what God might be saying to you out of the weekend experience, and how you can respond through a group discussion.

**This guide is designed to help you create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.*

DISCUSSION QUESTIONS

1. If you could spend one day doing anything you want, how would you fill the day?
2. This weekend, we talked about the way that “restoration begins with rest.”
 - Do you feel like you get enough rest?
 - Do you feel like you can only rest if you have finished your to-do list?
 - Have you ever been forced to rest? (i.e. physical injury, mental breakdown, etc.)
3. What stood out to you the most from the weekend message?
4. Why did that stand out to you most? What do you think God might be trying to say? (It's ok if you're just guessing. This will give you some space to process what it might be.)

Read Psalm 23:1-3

“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside still waters. He restores my soul.”

5. Abbie explained this weekend that in order for sheep to lie down and rest, they have to be free from all fear, tension, aggravation and hunger. Which of those are most prominent in your life right now? What might it look like for you to seek God's presence and guidance in those areas of your life?
6. Do you (and your family) practice the Sabbath (a regular rhythm of stopping the work you get paid to do and the work you don't get paid to do)? Why or why not?
 - What does Sabbath look like to you?
 - What would you need to adjust in order to follow a Sabbath rhythm?
6. What's one thing you want to try to incorporate into your time off so that it might become more restorative?
7. Are there any adjustments you want to make to contribute toward a culture where everyone is able to rest (in your family, work life, general approach to people, etc.)? What would it look like for you to be intentional about helping other people opt-out of the Burnout Society?



Wrap It Up: Before you wrap up, share how you can pray for each other as you take steps to opt out of The Burnout Society.

More from the Weekend:

Join us next weekend for the final week of The Burnout Society, as we dive deeper into ways we can find restoration. See you next week!