

The Burnout Society: How To Have a Healthy Soul

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. Ice Breaker: Can you name something you found fulfilling lately?
2. What stood out to you the most from the weekend message?
3. 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 Matthew 16:26

What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

4. Curt asked this question this past weekend: What is the condition of your soul? (your mind, will, emotions)? What is one word that came to mind (or does come to mind right now). What do you think God might be saying to you?
5. We discussed five ways to grow your soul. Let's do a quick hit on each one and give the opportunity for anyone to share some reflection on what has been helpful in each of these areas. The goal here is learning from one another.
 1. Start each day with devotional time with God
 - Do you have a regular rhythm for Devotional time? If so, what has worked for you and what does this look like?
 2. Get a Journal
 - Do you actively journal? if so, how has journaling helped you care for your soul?
 3. Read books on the interior life
 - Has anyone had any recent reads on cultivating the interior life, and learnings that were helpful?



THE
BURNOUT
society

4. Build honest friendships
 - How have those relationships helped you grow and take care of your soul?
5. Find a good, faith based clinically trained therapist
 - Do you view counseling as just for those who are having problems or as a tool we could all use to help keep us healthy?

6. Last Question: As you consider these 5 ways to grow your soul, what is the one that you need to lean into or make a move on next?

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

More from the Weekend:

Join us next weekend for the new teaching series, **Stuff Jesus Made Up**. It's sure to be lots of fun plus lots of things from Jesus that can transform our lives. See you next week!