

NOTES

Sunday, March 24th, 2024

1. Do you understand and relate to this week's POV?

Hope: To Feel Rested and Renewed.

Fear: To continue to trudge through life exhausted and depleted.

Describe how this plays out in your life.

2. Saul never seemed to catch his deterioration from young, handsome, Godly to disobedient, jealous, cantankerous. Why is it so difficult to see our own state of being and what can we do about that.

3. Joyful/Energetic ----- Content/Hopeful ----- Weary ----- Drained ----- Depleted/Resigned. Would you be willing to share where you are on this scale?

4. What are the numbing band aids you revert to when you are tired. The kind of relief that does not actually last?

5. What does it look like for you to regularly 'check in' with the Father, for Him to be your daily bread. If this being with Him is source of rest, how can you lean into that in a way that is honest, relational and authentic? How can you be obedient to the Father in this?

