

Weekly Discussion Guide – 1-21-2024

“Loving God With Our Souls”
Matthew 11:28-30

1. How is it with your soul? If you're not used to answering this question, you can try using a metaphor like the weather.
2. Read Jeremiah 6:16 and Matthew 11:28-30. As you read each passage, pray for God to use one word or phrase to capture your attention. What's the word or phrase?
3. Do you sense God saying something specific through this word or phrase? Does it stir up any feelings? Do you sense God wanting you to respond to it in a specific way?
4. Make a list of things that are soul-draining for you. Are there any soul-draining things you do or habits you have that aren't necessary?
5. Make a list of things that feed your soul and bring you closer to God. Do you have things that would fit in each of these categories – rest, work, play, and connection?
6. What does your list reveal about your personality (your soul)? Are there things you have in common with others in your Grow Group, family, or close friends? Are there things that feed your soul that might be soul-draining for others or vice versa?
7. What can you do to love God with your soul this week?