Weekend Recap – Medicine for the Weary Soul

Pastor Paul. November 5th & 6th

This weekend began a new Sermon series called, “A Wonderful Life”.

What keeps us from living a wonderful life?

Pastor Paul provided some trending sentences that many people often use today such as:

1. I feel tired.
2. I feel busy.
3. I feel burned out.
4. I feel sad.
5. I feel uncertain.

In Ruth 1, Naomie is faced with the sad reality of recently losing her husband and two sons. Naomi becomes bitter and angry, blaming God for her situation, and wanting to self-isolate and bury herself in grief and negative emotion. Ruth 1:17 shows that Ruth, Naomi’s daughter-in-law, decides to be loyal and cling herself to Naomi, never leaving her side.

How do we shift our feelings?

1. Check your schedule.
2. Check your sabbath.
3. Check your sleeping habits.
4. Check your screen time.
5. Check the song in your heart.
6. Check your serve status.
7. Check your shepherd.
8. Check your stay – ability.

Matthew 11:28-30 says, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

There are practical tools each of us can take advantage of to bring stability and rest to our weary souls. However, there is also a Heavenly exchange that the Holy Spirit can bring when you invite Him into your current situation and allow the peace and strength of God to be your daily bread.

Below are discussion questions to help you personally apply this message and find victory within your life!

Discussion Questions:

1. What is tempting you right now to quit?
2. What is God asking you to stay in that you are tempted to leave?
3. What practical and Spiritual tools can you apply this week?