

# DISCOVERY QUESTIONS

## LIFE GROUPS | FRIENDSCHURCH

### Replenish Your Soul

PASSAGE: Psalm 62:1-8

**Main Idea:** Living in the rhythm of rest replenishes your soul and brings rest to the restlessness of your life.

#### LEAN IN

What's the longest you've ever gone without your phone/email/computer/technology? What prompted that time?

#### LOOK DOWN

We often use the term "good for my soul," but oftentimes we don't truly know what's good for our souls. We crave replenishment, we crave soul rest, but we find it so hard to grasp. Through our passage today, we see that the key to finding rest is in our reliance on God. It's trusting that God is good in *and* out of the storm.

**1. Read Psalm 62:1-8. What do you see about David's posture towards God? What is David's response to his troubles and adversity? Why do you think David starts and ends with praise in this section? What can you learn about his ability to put his faith into practice?**

**2. Read Luke 4:1-14. What do we learn about Jesus' relationship to God through this passage? In Luke 4:4 we see Jesus respond "Man shall not live on bread alone (*but on every word that proceeds from the mouth of God*)." What does this response tell you about where our reliance should lie?**

#### LOOK OUT

It feels like in our society we are all on a hamster wheel, going and going and going. While this obviously takes a physical toll, there is also a spiritual toll. We continue to need *spiritual* replenishment. **The definition that we use for replenish is: To supply with fresh fuel.** With that in mind, answer these next few questions.

**3. What sort of side effects do you see in people (especially on the inside) who run and run and run?**

**4. Why do you think it is so hard for us, as a society, to slow down?**

**5. Have you observed anyone who practices replenishment (as described above)? What do you observe about their internal lives?**

#### **LOOK IN**

**6. As you look at your own life, where do you need replenishment? In what ways have you felt that you have been running non-stop?**

**7. When it comes to spiritual replenishment, what might it look like to find the space and time to be spiritually replenished? What sort of sacrifices would you have to make in order to find true rest for your soul?**

**8. Look back at Psalm 62. What verse or phrase sticks out to you that relates to where to find true spiritual rest?**

#### **LIVE IT OUT**

**9. Spend time right now as a group praying together. Spend a few minutes in silence, as you play a worship song (we encourage you to listen to *Highs and Lows* by Hillsong: Young and Free). As you pray, listen to what the Holy Spirit is saying to you. Maybe you hear something for yourself, or maybe you hear something that you need to pray for others in your group. After you listen to the song, spend time praying for each other with what you heard from the Holy Spirit.**

**10. As a group, what are some practical ways that you can help bring rest to each other? Maybe it's watching each other's kids, or coming over to clean a dirty house, or taking someone out camping for a couple days. We are called to bear each other's burdens, and this is a great opportunity to do this.**

## **LEADER GUIDE**

**For today's questions, we do not have extra notes for leaders. We encourage you to allow the biblical text and the group discussion to guide you today!**