

1. Running on Empty (3 Bible stories)

- a) Define “running on empty”—physically, emotionally, mentally, or spiritually depleted or exhausted.
- b) 1 Kings 19:1-4 What had just happened in the life of Elijah the prophet? Why did he feel so hopeless?
- c) Jeremiah 45:2-3 Who was Baruch and what was he doing when he felt like he was totally depleted, running on empty? (Jeremiah 36:4-8,19)
- d) Mark 6:30-31 What important lesson can we learn from the experience of the first disciples of Jesus?
- e) Share a time when you felt like you were depleted, running on empty, either physically, emotionally, or spiritually?
- f) What lessons can we learn from these Bible stories and testimonies for our lives today?

2. God’s Gift to the Worn and Weary

- a) Genesis 2:1-3 Why did our Creator provide a special rest day at the conclusion of a perfect creation?
- b) What type of rest might we need to experience on Sabbath? Deuteronomy 5:14, Psalm 4:8, Matthew 11:28
- c) How relevant is the invitation to experience physical and spiritual rest for your life today?

3. A Biblical Definition of Rest

- a) In the Old Testament
 - i) Genesis 2:2 – to cease from labor

- ii) Numbers 10:34-36 – to be stationary
- iii) 2 Kings 2:15 – to remain upon
- iv) Joshua 11:23 – to be at peace
- v) Deuteronomy 31:16, 2 Samuel 7:12 – to rest in the sleep of death
- b) In the New Testament
 - i) Mark 6:30-31 – physical and emotional rest
 - ii) Matthew 11:28-30 – rest for the soul
 - iii) Luke 23:56 – physical and spiritual rest

4. A Restless Wanderer

- a) Genesis 4:12 NIV – Why was Cain a restless wanderer?
- b) Genesis 4:1-11 – the history of Cain
- c) Genesis 4:13-15 How did the LORD respond to Cain’s cry of anguish?
- d) What was the final outcome for Cain? Did he ever find rest, physically or spiritually? Genesis 4:16-17
- e) Name another restless Bible character who did finally find rest for his soul. Nebuchadnezzar, the demoniac, Saul of Tarsus, etc.
- f) Share a time you decided to stop wandering and find rest for your soul.

