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.