1. Selfishness
   a) Luke 12:13-19 How does this incident and parable of Jesus illustrate the restlessness caused by a selfish attitude?
   c) What other characters in the Bible allowed selfishness to drive their behavior? (Nabal, Judas)
   d) Share a time when a selfish attitude caused restlessness in your life and damaged relationships with those around you.
   e) Where have you seen a clear revelation of an unselfish spirit? (Philippians 2:3-8)

2. Desire for self-exaltation
   a) Mark 10:35-40 What are your thoughts about the request of James and John?
   b) Mark 10:41 Why do you think the other ten disciples were so displeased with James and John? Luke 22:24
   c) How does the life of King Nebuchadnezzar illustrate the negative consequences of a desire for self-exaltation? Daniel 4:28-32
   d) What important lesson did King Nebuchadnezzar learn through his 7-year ordeal? Daniel 4:33-37
   e) Why does exaltation of self never lead to rest for your soul? Matthew 16:24-25, 1 Peter 5:5-6
   f) What examples stand out in the Scriptures of individuals who sought to exalt God rather than self?

3. Hypocrisy
   a) What do we call a person who professes a certain way of life but acts differently, especially when no-one is looking?
   b) Matthew 23:1-13 Why does Jesus call the Scribes and Pharisees hypocrites? (see also v, 23,35,27)
   c) These are harsh words of rebuke. How do the words that follow reveal the love of Jesus? Matthew 23:37
   d) Share a time when your actions did not match your profession of faith. Why does such behavior result in restlessness?

4. The antidote for a restless spirit
   a) John 14:1-5 Why were the disciples tempted to feel anxious and restless?
   b) What invitation did Jesus present as the solution for all restlessness? Matthew 11:28-30, John 14:6
   c) How has a total surrender to Jesus helped you to find rest for your soul?
   d) Matthew 10:34-39 Why might a total surrender to Jesus result in conflict within a family? How should a follower of Jesus respond if such conflict arises?