



## Tri-Village Sermon Discussion Questions

Topic: *Self-Care and Serving*

Text: Various

Service Date: May 26, 2024

Note: The questions are only a starting point for discussion. Don't hesitate to modify, adapt, or highlight only specific ones to fit your group and/or personal study.

### Getting Started

- In looking at the following, which side do you tend to lean more towards on each area?

Stay Safe

Risk Taker

Introvert

Extrovert

Saver

Spender

Morning Person

Night Owl

Mountains

Beach

### Sermon Discussion

- How would you describe yourself emotionally right now in life (i.e. energized, exhausted, need a change of pace, etc.) and why?
- What are some ways in which you find rejuvenation? Exercise? Vacation? Quiet time? Serving? Eating ice cream? Something else?
- Matthew 11:28-30 tells us to come to Jesus and He will provide rest. While we are called to be doers, we are also called to rest. How do you see rest or self-care being an important part of being called upon by Jesus?
- It is easy for someone to fall prey to over-exert ourselves in order to meet the expectations of others, especially if you are a people-pleaser. Paul referenced John 6:14-15. What do we learn from Jesus about boundaries and expectations?

- It's no uncommon to stay awake at night and be restless during the day worrying about a specific situation. When dealing with a worrisome situation (or difficult person), how do you think Jesus would handle it? What did He do when He needed to be alone with His Father?
- How do we balance self-care and serving while also making it sustainable?
  - >Rest: How can we rest in a busy society?
  - >Renew: How do you prepare yourself to serve?
  - >Realign: What can we focus on to help realign our purpose with that of Jesus?
- In both the short and long-term, what are ways you believe that are specific to you avoiding burnout and allowing God's Spirit to keep you focused on Him?

*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.*

-Matthew 11:28-30

## **Resources**

Book: *A Soul's House: A Primer for Spiritual Formation* by J.K. Jones

Book: *24/6: A Prescription for a Healthier, Happier Life* by Matthew Sleeth

Book: *Emotionally Healthy Spirituality* by Peter Scazzero

Movie: *The Hiding Place*

## **Have you or someone in your group experienced a Story of Life Change?**

We'd love to hear about it! In fact, one of Tri-Village's values is "Stories of Life Change". Visit [tri-village.org/yourstory](http://tri-village.org/yourstory) and share how God worked.