

REFRESH, RENEW, RESTORE

Caring for Your Soul in Tough Times

Session 3: Distraction



PARTICIPANTS GUIDE

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INTRODUCTION

How long can you hold your breath?

When we inhale (take in _____), but never exhale (_____
_____ with _____). Our

_____ suffer from spiritual _____.

Symptoms:

“Most Christians are educated beyond their level of obedience.” ~Mark Batterson, pastor and author.

Philemon 1:6 - and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ.

Beat the dis-ease of distraction by taking 4 steps of faith.

1. INVITE PEOPLE TO ...

_____ the gospel.

The gospel is the good news that we can have a joy-filled

_____ with God through Jesus Christ.

People experience the gospel as they experience _____

through his _____.

Showing the gospel

Matthew 5:14–16 - “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

John 13:34–35 - “A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.”

Activity:

List 10 lost people you know. What’s one thing you can do to help them experience the gospel?

2. INVITE PEOPLE TO ...

_____ the gospel.

Show people how the gospel meets their _____

_____.

John 4:12–26 - (Emphasis added)

“Are you greater than *our father Jacob*? He gave us the well and drank from it himself, as did his sons and his livestock.” Jesus said to her, “Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him *will never be thirsty again*. The water that I will give him will become in him a spring of water welling up to eternal life.”

The woman said to him, “Sir, give me this water, so that I will not be thirsty or have to come here to draw water.” Jesus said to her, “Go, call your husband, and come here.” The woman answered him, “*I have no husband*.” Jesus said to her, “You are right in saying, ‘I have no husband’; for *you have had five husbands*, and the one you now have is not your husband. What you have said is true.”

The woman said to him, “Sir, I perceive that you are a prophet. *Our fathers worshiped on this mountain*, but you say that in Jerusalem is the place where people ought to worship.” Jesus said to her, “Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for *the Father is seeking* such people to worship him. God is spirit, and those who worship him must worship in spirit and truth.”

The woman said to him, “I know that *Messiah is coming* (he who is called Christ). When he comes, he will tell us all things.” Jesus said to her, “*I who speak to you am he*.”

Activity:

Choose someone from your list. What core question might they be struggling with?
How does the gospel meet that need?

3. INVITE PEOPLE TO ...

_____ the gospel.

Luke 10:2 - And he said to them, "The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."

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Who the laborers Jesus was referring to?

Always ask:

"_____ needs to hear this?"

4. INVITE PEOPLE TO ...

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_____ the gospel.

A = _____

B = _____

C = _____

Activity:

Who could you invite to respond to the gospel this week?

CONCLUSION

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The vision:

Unburden yourself:

Joshua 1:9 - "Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."

Matthew 28:18, 20 - And Jesus came and said to them, "All authority in heaven and on earth has been given to me. ... And behold, I am with you always, to the end of the age."

Take up Jesus' Yoke:

Invite _____.

GOSPEL NEEDS MATRIX™

THE 4 QUESTIONS AT THE CENTER OF EVERY HUMAN SOUL

1 WILL I BE OKAY?
Physical, emotional, and spiritual safety

2 AM I WORTHY OF LOVE?
Belonging, care, acceptance, and community

3 DO I HAVE WHAT IT TAKES?
Effort, skill, strengths, and understanding

4 IS ALL THIS WORTH IT?
Hope, the future, outcomes, and results

	A WHO GOD IS God's names, character, and attributes	B WHAT GOD HAS SAID Truths, promises, warnings, assurances, commands	C WHAT GOD HAS DONE Created, called, justified, reconciled, adopted, saved	D WHO YOU ARE IN CHRIST Blessed, chosen, adopted, redeemed, forgiven, loved
1				
2				
3				
4				

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