

REFRESH, RENEW, RESTORE

Caring for Your Soul in Tough Times



PARTICIPANTS
GUIDE

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INTRODUCTION

10 signs you may be too busy:

1. Yes No
2. Yes No
3. Yes No
4. Yes No
5. Yes No
6. Yes No
7. Yes No
8. Yes No
9. Yes No
- 10 Yes No

“If we have ten times more material abundance than our ancestors, why are we not ten times more content and fulfilled?” ~Dr. Richard Swenson, author of *Margin*.

Our _____ carry the burdens of our

_____.

Matthew 11:28–30 NLT - Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Beat the dis-ease of busyness by taking 3 steps of faith.

1. RECOGNIZE THE GIFT OF ...

God created us to be _____.

Adam

Paul

David

Jesus

John 5:19 - So Jesus said to them, "Truly, truly, I say to you, the Son can do nothing of his own accord, but only what he sees the Father doing. For whatever the Father does, that the Son does likewise."

Mark 13:32 - "But concerning that day or that hour, no one knows, not even the angels in heaven, nor the Son, but only the Father."

Exodus 20:8-10 - "Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates."

Group Activity:

2. DIAGNOSE THE ...

A _____ could mean I have ...

“Rest is not something that the world gives us. It’s never been a gift. It’s never been something you do when you’ve finished everything else. If you want rest, you have to take it. You have to resist the lure of busyness, make time for rest, take it seriously, and protect it from a world that is intent on stealing it.” ~Alex Soojung-Kim Pang, author of *Rest*

Chronic busyness is often rooted in one of the four questions at the center of every human soul:

Group Activity:

3. EMBRACE JESUS' ...

God has given us each a unique _____.

1 SPOON	2 SPOONS	3 SPOONS	4 SPOONS
Get out of bed	Shower	Make and eat a meal	Go to work or school
Get dressed	Fix hair	Make plans and socialize	Go shopping
Take pills	Surf the internet	Light housework	Go to the doctor
Watch TV	Read or study	Drive somewhere	Exercise

The Spoon Theory was created by Christine Miserando.

John 15:5 - I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Abiding in Christ means only _____ what Jesus is

_____, only _____ where Jesus is

_____, and only _____ what Jesus is

_____.

Group Activity:

CONCLUSION

REFRESH, RENEW, RESTORE

Just _____ today's _____.

Unburden yourself

Take up Jesus' Yoke

Matthew 6:31–33 NLT - “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

What is one thing you can do to practice this week?

Who is one person you can share this good news with this week?

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				