



Life Group Discussion Questions

November 24, 2024

*** This guide intentionally has more questions than your group could reasonably discuss in one meeting. Feel free to pick and choose questions that best encourage, challenge, and instruct your particular participants.

1. Matthew 8:23-26 shows us a stark contrast between our ability to rest and worry. How was Jesus able to sleep during a raging storm while the disciples were panicking and anxious? How does anxiety keep us from resting peacefully?
2. God created the sabbath for man. Why is "sabbath" rest so important for not only our bodies, but also for our soul? How do you spend your "sabbath" day to rest?
3. What activities do you engage in to help relieve stress? What do you find most helpful that you can share with the group?
4. Discipleship groups are a great place to share your worries, weaknesses and concerns. Are you involved in a D-Group? If you are, can you share how being active in the group has helped you deal with an anxious spirit?

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5. When Jesus had concerns, he often went to the Garden of Gethsemane to pray. Do you have a place you like to go to just to get alone with God and pour out your heart? Maybe it is to the mountains or the beach or just a quiet peaceful park.

6. Proverbs 17:22 says that “a joyful heart is good medicine”. What brings you joy? How do you feel physically when you are joyful? This verse also says that “a crushed spirit dries up the bones”. Have you ever felt physically crushed by the weight of worry?

7. Knowing that your soul is eternal and your body is temporary should inform your priorities. Do you spend more time caring for your soul or body? Why? Is that contrary to the culture we live in?

8. We live in a cursed world, and our bodies will return to the dust. Yet we are also the temple of the Holy Spirit. How do you find the balance between these two facts?

9. God gave us work and rest. Many of us get these out of balance, swinging too far towards one or the other. Many people think that we are busier than previous generations, but our ancestors may consider us lazy, compared with the daily tasks they faced. What do you think? Have we forgotten how to rest properly? Have we overloaded our schedules? Do we know too much?

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10. Your body is interconnected in incredible ways. You have multiple systems that interact, such as the endocrine, nervous, gastrointestinal, and immune systems. If one of these is problematic, it can throw off everything else. How do you think your soul plays into it? When you are healthy, with lots of energy, is it easier to praise God? Why?

11. Can our outward appearance affect our witness and our ability to make disciples? Where is the balance between being a good steward of your gift from God, and making it an idol in vanity?

12. There have been scientific studies conducted that indicate hugging can affect our bodies in positive ways. On the other side of the same coin, many of us saw increased depression and anxiety during 2020 when we were hindered from meeting physically. How important is meeting together as Christians?

13. How do you find balance between living in the present, and maintaining hope for redemption in eternity?