

Questions for Conversations

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What does exhaustion (spiritual or otherwise) feel like for you? How have you noticed it in your own life?

How easy is it for you to stop?

If you are experiencing exhaustion, what is it most centered on (circumstances of life – things done/happen to you, sin – things you have done, burnout – reserve/margin is gone, laziness – I can't bring myself to do the thing I know I need to do, others)?

Are you able to stop when you are tired?

Are you intentional about experiencing Sabbath? What can you today to experience (Rest, Refreshment, Reconnection, Restoration, Renewal, Rejoicing, Recreation)?

How's your soul?

Questions for those going through the Thirsty book.

Pick any question from the end of each day (pages 64, 68,72,75,80,84,88)

Here are a few I found thought provoking that might be helpful:

1. Describe your present worship life especially compared to the woman in the story from Luke 7 and the things highlighted on page 61.
2. How can you become more childlike in your relationship with God?
3. Who has made the greatest impact on your walk?
4. Is there someone God is calling you to disciple and if so what is holding you back if you are not doing that?