

# Tired On The Inside

*As we continue the conversation from the previous weekend's message, encourage your group members to share how this sermon impacted them in light of the recent racial injustices, and discuss how in order to build bridges we have to first find rest from the right sources.*

## Conversation Starters

- You're tired in the middle of the day — where's the best place for a nap?
- How do you act when you're tired? (*e.g., laugh a lot, get mean, become argumentative, etc.*)
- We are tired. In what ways have you taken care of yourself and rested?

## Review

Ask eGroup members to share their favorite points from the sermon, what spoke to them, a phrase or moment from the sermon they related to the most, or questions they have. If members have a hard time recalling the sermon, talk through your notes and share your favorite points.

## Make It Personal

- This is the 13th week we've had church online only. What are some ways you've found

yourself getting tired since that happened?

- Read John 4:1-8. Jesus had to go through Samaria. We all must go through some area. What's in front of you right now that you have to go through? (*What are you walking around right now that God might want you to go through?*) What's a first step you can take toward going through?
- Jesus sat down by the well because He was tired. In what ways can you relate to tired Jesus? How does knowing that He was tired encourage you or give you permission to feel tired yourself?
- What do you need to send away that could be making you tired? (*What wells have you been drinking from that are making you more tired?*)
- (*For parents*) What wells are you sitting next to? What wells are you digging for your kids to sit next to? How does thinking this way challenge or encourage you to be intentional with your kids?
- In the book of John, Jesus gives seven statements that start with "I am": "I am the bread of life"; "I am the light of the world"; "I am the gate for the sheep"; "I am the resurrection and the life"; "I am the good shepherd"; "I am the way and the truth and the life"; and "I am the true vine." Of these, which has helped you the most this past week? Which one do you need Him to be the most right now? (*Encourage group members to share why.*)
- Read Isaiah 40:30-31. What does it mean to wait on the Lord? How do you need to do that?
- Even Jesus got tired. What well do you sit by when you're tired? How do you need to

sit by the well this week?

## Act On It

Make a decision to spend time at the right well. Choose a reading plan to help you spend time with Jesus and rest in His presence.

- Jesus Our Teacher
- What Would Jesus Undo
- Less Hustle, More Jesus
- Jesus Speaks
- Focus

If you want a resource to help you make daily rest a priority, consider using this one-year devotional plan.

## Prayer Requests And Prayer

Ask eGroup members to share any prayer requests they have. Record any notes or prayer requests to pray for members during the week.

*Jesus, thank You for being the well where we find rest. Encourage us this week to seek You when we feel tired and to listen for You when we need guidance. Teach us how to rest fully in Your presence so we may have the strength and peace to live in a way that shows Your light to the world. In Your name, amen.*