



## STUDY QUESTIONS (NUMBERED TO MATCH THE NUMBERS ON THE DEVOTIONALS)

### DEVOTIONAL #1, Prescription for Rest

1. In general, what percent of your life is lived in a condition of spiritual rest? (Minority? Half? Majority?) Explain the reason(s) for your answer.

2. What is your personal “prescription for rest”? How often do you “take” this medicine? How effective is it?

3. How many of God’s promises from Scripture have you committed to memory? How does the Holy Spirit use the verses we have memorized?

### DEVOTIONAL #2, Why We Worry

1. Faith and fear are both ways of looking at the future. Why can’t they coexist? Why is, “I’m trusting God, but I’m still worried” a contradictory statement?





## STUDY QUESTIONS

2. About what kinds of issues are you most tempted to worry? For what reason(s) have you decided God is not to be trusted with those matters?

3. Why is biblical contentment not a passive form of resignation? How does one exercise contentment in a proactive way?

### DEVOTIONAL #3, A Calm in the Storm

1. Why do you grow more when Jesus calms you instead of the storm? Why does calming you require a deeper level of trust?

2. Where do you find yourself tuning in for guidance most frequently—to Jesus or to the world? Why is guidance that is easiest to obtain often not the most valuable?

3. How have you learned to trust the Lord in the midst of stormy circumstances? What is the promise to which you cling most consistently?

### DEVOTIONAL #4, Being before Doing

1. If you had to describe your personality, would you say you are a “doer” or a “be-er”? Do you identify more with Martha or with Mary? Generally speaking, do you focus more on “doing for” or “being with” Jesus?

2. Why is being with Jesus a prerequisite to doing for Jesus? What impact should spending time with Jesus have on what we do?





## STUDY QUESTIONS

3. What differences have you observed in the lives of people you know who spend consistent time devotionally with the Lord? What differences have you noted in your life between seasons of spending time versus not spending time with Him?

### DEVOTIONAL #5, Digging Your Roots Deeper

1. What is the purpose of God's pruning in your life? Why is pruning so often painful? By definition, is pruning always an uncomfortable process? Why?

2. What is your personal response to the pruning God does in your life? Do you welcome it or resist it? What should your response be? Explain.

3. Who are the people in your life that God uses as "pruners"? How would it help your relationship with them if you began seeing them as tools in God's hands?



### DEVOTIONAL #6, Taming the Tongue

1. How would you define *gossip*? When does sharing information cross the line and become gossip?

2. Why is listening to gossip equally as wrong as being the source of gossip? What should you do when someone begins to tell you something inappropriate?

3. Which parts of James 1:19 describe you and which don't? Why is being slow to speak a safeguard against sinning with the tongue?

