

# < / RESTART >

## < DISCUSSION GUIDE

OCT. 3/4  
REVIVE MY SOUL

Our mind, body and soul are all connected and how you treat one will affect the others. And because of sin in our lives, it's easy to misidentify what will make us happy and fill our lives with the wrong things. We need to take time each day to quiet our souls and revive ourselves.

### DISCUSSION QUESTIONS

1. How's the condition of your soul? Is it strong or weak; full or empty; joyful or sad? What would others around you say about the condition of your soul? Are you showing signs of soul damage?
2. Do you have singleness of heart to know and pursue God more than anything else or is your heart scattered and divided? If it's scattered, what is distracting you?
3. Our culture is all about hurry. We want everything right now. What in your life causes the most hurry? How can you ruthlessly eliminate hurry from your life going forward?
4. Read **Psalm 23**. Where do you go to restore your soul? Where are your daily, weekly and monthly places of solitude? Maybe it's by the water, in a garden or a quiet room in your home. If you don't have a place, think of one and start spending time there before God.

### CHALLENGE

This week, carve out time to start reviving your soul. Schedule it on your calendar if you need to—but find time each day to calm your hearts and spend time in God's presence.

### COMMIT TO MEMORY

My soul finds rest in God alone. **Psalm 62:5**