



## Growth Group Homework - May 19, 2019

### Warm-Up

1. What is the longest amount of time you have gone without sleep? What was going on?
2. Have you ever been in a situation where more work on a project in the short-term resulted in being able to work more efficiently in the future? Explain.

### Talk It Over

3. Looking back at your notes from this week's message, what did you find most challenging or helpful?

4. In the following passages, what are some of the things that cause people to be tired?

Psalm 127:1-2

Matthew 6:25-27

- What things or situations in your life cause you to say, "I'm too tired"?
5. Mark 1:29-39 describes Jesus' busy schedule. In the middle of the busyness he carved out time to get alone and pray. What do you think the disciples thought when they found him praying? Why do you think they felt this way?

- What are some reasons we often rush into our days instead of stopping to hear from God?
  - Do you have a regular practice of reading the Bible and praying? What does this look like?
  - When has this practice helped you during a crisis or tough situation in life? How did it help?
6. Read Isaiah 40:28-31. Choose one of the things you identified in question 4 that wear you out. How does this passage speak to that?
- What would be some practical ways to apply the truth from this passage to that situation?

### Take It Home

7. Mark 1:35 says Jesus got up early in the morning to pray. Some of the best times to develop a practice similar to Jesus are during the hours when we are tired. If you were to make this a habit, what in your schedule would have to change?

**Additional Reading:** Psalm chapter 121

**Verse to Memorize:** Isaiah 40:31