



Soul Detox Week 2 Group Discussion Notes

Leading Off:

What's the longest length of time you've gone without food or water?

*And the Lord God formed man out of the dust of the ground and God breathed into his nostrils the breath of life, and man became a **living soul**. -Genesis 2:7*

Discussion Questions:

*"Our souls are heavy with **hurts** from the past." (Lamentations 3:19-20)*

1. What are some hurts from your past that may be causing you to live with a heavy soul in your present?

*"Our souls are heavy with **trouble** in the present." (Job 4:5)*

2. Are you living with heaviness in your soul because of trouble in your present? How long have you been living with this trouble?

*"Our souls are heavy with **anxiety** about the future." (Mark 14:33-34; Psalm 42:5b)*

3. Are you living with present heaviness in your soul based upon some sort of future anxiety over which you have little or no control?

Pastor Chad offered 3 commitments we can make when our souls are heavy -

1) When my soul is heavy I will remember God's faithfulness in my past.
(Lamentations 3:19-23)

4. What are some examples of God's faithfulness in your past?

2) When my soul is heavy I will cry out to God in my present. (Psalm 142:2-5, Psalm 55:22; 1 Peter 5:7, Psalm 107:1-9)

5. When is the last time you cried out to God in your trouble? How did He respond?

3) When my soul is heavy I will trust in God's power for my future. (2 Chronicles 32:7-8; Psalm 23:4)

6. Is there anything keeping you from placing your full trust in God for your future?

One To Grow On (This weeks growth challenge)



We're committing as a church to 21-days of prayer and fasting, beginning January 14. We'd love for you to participate in some way. **Subscribe to Chad's Blog at RockCityChurch.tv** to receive daily updates and insights during our 21-day Fast, and pray about how God might have you participate as we soul detox, and put God first.

It's going to be an incredible 21 Days of Remembrance, Crying Out, and Trusting God ...