



GROUP GUIDES

WEEK SIX- RUNNING ON EMPTY



Sentence

When it's time for a recharge, return to the One in charge.



Story

Share a time when you walked toward a new goal without a sure plan.

"Were you trusting God's leading?"
"How did you find your way?"
"Do you regret it?"



Set-Up

Psalm 23

The peace of God is continuous and enduring. His love is eternal in heaven, yet he desires for us to live out each of our earthly days in His house, as well.

Read [Psalm 23:6](#)

Have you ever felt the kind of surety that David writes about?



Search

Read [2 Timothy 1:6-10](#)



Verses 6-7

What gifts do you know or believe God has given us?

What has been your experience and understanding of Holy Spirit?

What fears do you carry for the future?

How can receiving the Spirit's "power, love, and discipline" change the way we navigate through uncertainty?



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Verse 8

How have you experienced shame in the past and today?

How do you survive suffering? What are your mindset and actions like?

How does suffering change when someone “joins with you?”



Verse 9a

How does God’s calling influence the way you see your salvation?

What would be different for you, today, if you experienced a sense of surety about God’s purpose and grace for you?

How can we go to Jesus in the chaos?



Verses 9b-10

If we know God’s grace today, how can we know it tomorrow?

How do you conceptualize eternity? How about a lifetime?

How can the gospel be a roadmap during times of uncertainty?



Solution

1. How will you seek the signs of God’s work around you?



Start a prayer and gratitude journal



Sharing the goodness He has already done for you (i.e. on your social media, at lunch with coworkers or classmates, at home with family and friends, etc.)



Reading stories of what God has done for others (i.e. *Genesis 18:1-15, Daniel 9:1-19 and 10:1-12, Mark 5:21-34, John 5:1-15*)



Other _____



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Read **2 Timothy 1:13-14**

2. What will you let God recharge you?

- Try a new spiritual discipline for three weeks (*i.e. Bible meditation, Memorization, Fasting, Silence and Solitude, Praying, Worship, Serving, Giving, Celebration, Disciple-making*)
- Rest in God's peace—unplugging from the world for a time (*i.e. fasting from screens, media, music and sounds, etc.*)
- Memorize **Psalm 23:1-6**
- Other _____



Send Out

Break into groups of 2-3 (same gender if a coed group), and discuss ways you can find certainty in the Lord's goodness and love. Plan to connect with each other in-person, call, or text this week.

Pray together.