

Drained: Replenishing Energy

Monday

Jeremiah 31:1-26

Where in your life do you especially need refreshing? (Vs. 25) Using your message notes as needed, begin creating your personal replenishing stream strategy. Is your sleep pleasant or unpleasant? (Vs. 26) Explain. What sleep/rest action steps will you take so you can begin each day feeling more refreshed?

Tuesday

Deuteronomy 30:1-20

Read Vs. 19-20 slowly two or three times. Considering the current level of your energy bucket, what do you sense God saying to you? What are the priority replenishing streams you will immediately initiate or resume so that you and your family may live as God desires for you?

Wednesday

Isaiah 40:1-26

Write out in your journal the verses from this passage that most replenish your soul and why. What are the descriptors for God in this passage that reinforces God's love for you? Continue your memory work on verses 28-31.

Thursday

Isaiah 40:28-31

Read and then recite from memory. What do you most rely on for strength and energy? How would your energy and strength be different if you totally relied upon your hope that is in God?

Friday

Psalms 19:7;23:1-3;68:9

Which of these verses most resonates with you and why? Revisit your replenishing streams strategy. What is working and what isn't working? What adjustments do you need to make?

Saturday

Philippians 4:4-20

Is your energy bucket level sufficient enough that you can echo with confidence verses 7, 12-13 and verse 19? Explain.

Sunday

Romans 12:1-2

When you reflect on the phrase in verse 1 "in view of God's mercy," what thoughts and feelings are evoked? How do you feel about or what is your view of your body? What replenishing streams will you begin or restart to care for your body so that your body can be a "pleasing sacrifice" to God?