

# TALK IT OVER

He Gets My Restlessness

## BOTTOM LINE

We are made for God and our hearts and lives are restless until we rest in Him.

## CONVERSATION STARTER

What's one thing that you "just can't wait for" in 2024?

## THINGS TO CONSIDER

*What did you hear?*

*What do you think?*

*What will you do?*

## RESOURCES

- The Daily:  
[newpointe.org/thedaily](http://newpointe.org/thedaily)
- [A Prayer for Restlessness](#)

## KEY VERSES AND QUOTES

*Watch out and guard yourselves from every kind of greed; because your true life is not made up of the things you own, no matter how rich you may be.* Luke 12:15 GNT

*For what will it profit a man if he gains the whole world and loses his own soul? Or what will a man give in exchange for his soul?* Matthew 8:36-37 NKJV

Jesus: *"Come to Me, all you who are weary and burdened, and I will give you rest. Take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."* Matthew 11:28-30 HCSB

"Restlessness is defined as being unable to rest or relax as a result of anxiety or boredom; offering no physical or emotional rest; involving constant activity or motion." – Dwight Mason

"You have made us for yourself, and our heart is restless until it rests in you." – St. Augustine

## TALK IT OVER

Signs of restlessness: constantly tired, unable to focus, need for constant entertainment, discontentment. From your experience, are there others you would add? We are restless because of 1) Misplaced identity – What makes it so easy to forget who I am? 2) Materialism – Where do I find myself discontented with what I have? 3) Envy – How does envying others (their position or possessions) guarantee chaos? How do I experience relational chaos when discontented with my circumstances? 4) Insecurity – Fear of human opinion is crippling. How does people-pleasing or criticism affect me? What helps deal with it? What does it mean to "humble yourself under God's mighty hand"? When you are "yoked with Jesus," He sets the pace and direction. How can you honestly evaluate who or what is setting the pace in your life? Discuss how to "yoke" with Jesus. Following Jesus requires work. But the work He gives us is fitting for what we can accomplish with Him. His burden is light. Not effortless but light. What are the rhythms of grace you need in your life? Remembering my value to God, I will choose contentment, practice a Sabbath, adjust my values, and consciously focus on Jesus.

## ACTION STEP

My restlessness can only be settled through my commitment to partnership with Jesus and fixing my mind on God. This week I will do that by \_\_\_\_\_