



Study Guide, Episode 64—How to Find Rest for your Soul

Matthew 9-12; Mark 5; Luke 9, 11

00:00-05:50	"QOTW: How can I find rest? For my body, mind, heart, relationships, soul?"
05:51-12:53	"Overwhelm & exhaustion, sleep debt, & how to change unhealthy thoughts"
12:54-19:36	"Exercise: 'Rest Self-Inventory'"
19:37-30:22	"'Come unto Him,' 'Take His yoke upon you,' 'Learn of Him'"
30:23-43:48	"'He will give you rest'--ask, seek His Spirit, love & serve"
43:49-49:28	"Use the Sabbath, consider your heart, evaluate your 'fruits,' use scriptures"
49:29-END	"Be united—with God, in your house, relationships, and self"

1. In what ways do you currently feel overwhelmed, fatigued, depleted? Consider your mental, emotional, physical, relationship, and spiritual experiences, and honestly write about how you feel in each right now.
2. Consider the thoughts and beliefs you have related to "rest." Honestly write down any and all you can think of, in your journal.
3. **Exercise:** Listen to 12:54-19:36 & complete the following **"Rest Self-Inventory."**
Rate each of the following from 1 (0% rested)- 5 (100% rested):
 - a. How rested do you feel, physically? 1 2 3 4 5
 - b. How rested do you feel, mentally? 1 2 3 4 5
 - c. How rested do you feel, emotionally? 1 2 3 4 5
 - d. How rested do you feel in relationships? 1 2 3 4 5
 - e. How rested do you feel, spiritually? 1 2 3 4 5
4. Which areas above need the most 'rest'? Which of the ideas mentioned in this episode, or others you've been inspired to receive, might help most? Set one or two goals to begin to work on "rest for your soul" this week.
5. Consider your current commitments, work, and service activities. Do these drain or energize you? Do they help you find rest or strip it away quickly? Ponder what changes you might want to make when it comes to these things.
6. Spend some time evaluating your heart & "fruits." Which are "good" but perhaps not the "best" for you? Which relationships, emotions, thoughts need attention, unifying, rest? Set a goal to work on one of these areas this week.

Join my **"8-Day REPLENISH Self-Care Challenge:** <https://drchristi.mykaiabi.com/8day-replenish-challenge>

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