

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step. If you're leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- What types of things tend to get you down the most?

With your Bible or YouVersion, read Lamentations 3:19-20, Job 4:5, and Mark 14:33-35.
These verses explain why our souls are often heavy.

- Why do you think so many people struggle with heavy souls?
- What hurts from your past are causing your soul to be heavy? What's keeping you from overcoming these hurts?
- What troubles are you currently dealing with that are contributing to your heavy soul?
- What things are you anxious about for the future?
- How has the busyness of your life contributed to your heavy soul?

Read Psalms 42:5, Lamentations 3:19-23, Psalms 142:2-5, and 2 Chronicles 32:7-8.
These passages show us what to say to our souls when they are heavy.

- To overcome the hurts from your past, you need to remember God's faithfulness. What are some ways you've experienced God's faithfulness in your past?
- Describe a time when you cried out to God during a difficult time. How did God respond and what did you learn about Him from your experience?
- What's keeping you from placing your full trust in God for the future? What steps will you take to fully trust in God?

DAILY BIBLE READINGS

As you take steps to encourage your heavy soul, take time to read the following Bible passages this week. This week's readings discuss the heavy soul and ways we can lighten our heavy souls.

Day 1: Psalms 42:1-11

Day 2: Lamentations 3:1-66

Day 3: Job 4:1-6 and Mark 14:32-42

Day 4: Psalms 77:1-20

Day 5: Psalms 142:1-7

Day 6: 2 Chronicles 32:1-8 and Jeremiah 29:10-14

Day 7: Isaiah 61:1-11

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RESTORE is a learning experience designed for LifeGroups to help you better understand the most effective ways to help hurting people. We have good intentions, but we can end up hurting those we set out to help. This three-part learning experience will challenge your group to reconsider how to help others without hurting them. Visit go2.lc/restore to view the RESTORE videos and download the participant guides for your LifeGroup.