

SMALL GROUP DISCUSSION GUIDE

Rising Waters Week 2



CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

GROW

When have you experienced burnout? How did it affect your health and relationships?

Are you more likely to experience burnout as a firework or a fizzle? How have you been able to recover from burnout in the past?

Knowing Jesus offers grace, forgiveness, and renewal from burnout not just once, but every day, how does that feel?

What would it look like for you to lean in Jesus in order to move on from burnout? What changes when we rely on Jesus and not just ourselves?

BIBLE

Read John 4:1-26 and Ephesians 3:20. What do you notice?

PRAY

God of grace, thank you for being with us in the midst of life's rising waters. Teach us to look to you when life feels heavy. In your Son's name, Amen.

