



For when the brokenness in the world makes you feel isolated

Gather:

Consider incorporating these questions into your check-in time to help your group start thinking about this week's topic.

What do you take for granted?

What makes a good life?

Reflect:

We may encounter God through his Word, but also through the words of others. Invite the Spirit to help you encounter God as you read the following poem together. Note scriptural themes and movements of the Spirit as you consider this week's topic.

Tired (Paul David Tripp)*

I was very tired today--
tired of the travail,
tired of trying and failing,
tired of relationships broken,
tired of promises unfulfilled,
tired of hopes evaporating,
tired of dreams dying,
tired of meaningless "I love you's,"
tired of body inability,
tired of heart weakness,
tired of hoping...
praying...
trying...
committing...
longing...
confessing...
repenting...
working...
and failing.
Today I am tired,
but I have not forgotten
that you never tire.

You are never discouraged.
You are never "at the end of your rope."
You never long to quit.
You never want to "move on."
You never regret what you have done.
You never hope to do better.
You are never caught up short.
You are never weak.
You are never surprised.
You never wish you'd done better.
You are not like me,
and that is very good news.
When I am tired
I remember you,
and once again I tell myself
that you are not like me,
and all
that you are,
you are for me
by grace.

Connect:

Choose one or more of the following scriptures to read together. How is reading these scriptures the same or different from reading the poem? How is God reflected differently or similarly?

Psalms 121

Respond:

Take time together to think about how you have encountered God in community, the words of others, and in scripture. Consider the following questions or activities to conclude your time together.

What things in your life are you tired of? Why?

Do these things feel discouraging? How do you find encouragement in times of exhaustion?

Where do you see God, where is it hard to see God in tiredness and isolation?

Make a plan with your people about taking sabbath (if you don't already). You don't have to do it together, but be able to hold each other accountable.

Prayer:

Close your time in prayer for each other. Consider asking each person to write down their prayer requests on a 3x5 card and switch them with someone else in the group. Pray for each other throughout the week.

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