

“What To Do When We’re Totally Done!”

Pastor Matt McGill

INTRODUCTION

Along the course of our spiritual journey, we all have seasons of vibrant growth and challenging seasons of discouragement. But what can you do when you hit those challenging seasons? When you are “totally done?” There is always hope, no matter how deep the discouragement we find ourselves in. God’s love for us is unconditional, unavoidable, and unending. His Son, Jesus, defeated the power of death and sin so that we might have life—real and abundant life. In God’s Word we find examples of people who had to overcome discouragement and find the wisdom given by God to get them through those dry times. This study explores our options, and our responsibilities to get back on the path of vibrant growth in God.

Ice Breaker (Optional—8 min)

What is the most taxing project you’ve ever undertaken?

STUDY QUESTIONS (45 MIN)

Realize it’s okay to Feel Done

Q1. Read Isaiah 40:27; 1 Kings 19:3-5; 2 Corinthians 12:9-10

In Isaiah 40:27, the prophet addresses the discouragement of the people who feel God has forgotten them. What is it about God that he uses to encourage them? How did Jezebel’s threats affect Elijah (see 1 Kings 19:3-5)? What kinds of circumstances have caused you great discouragement in the past? When God told Paul “my power is made perfect in weakness,” how did Paul respond?

Rest in God’s Power

Q2. Read Isaiah 40:28-29; Ephesians 3:17-21

When we come to the end of our own resources, we can rest in the knowledge that God’s resources will never be exhausted. What are some of God’s boundless attributes that Isaiah identifies (Isaiah 40:28) that encourage us to rest in God’s power? There is another attribute of God that is limitless, His love (Ephesians 3:17-21). What are some of the ways God has expressed His powerful love in your life?

Reject the Rut

Q3. Read Isaiah 40:30-31, Proverbs 19:2

It is during the challenging seasons of discouragement that we may find ourselves “done” and falling into a rut. Isaiah 30:30 tell us that we are not

alone in this condition. In this verse, what is required of us in order to be renewed? The Hebrew word for wait¹ means to look for, hope, or expect. In other words, those are not the times to rely on our own strength, but the time to look expectantly to God for His strength. What similar warning is given in Proverbs 19:2? Why might it be difficult for you to wait on God rather than trying to do something in your own strength?

¹*qavah* - wait

Q4. Read Psalm 103:2-5 , Deuteronomy 4:9

In Psalm 103 we are told to bless the Lord and remember His many benefits? What benefits are listed in verses 3-5? As a result of God bestowing these benefits on us, we are restored. If you have been overwhelmed by circumstances or find yourself in a rut, this is the time to bless the Lord, and thank him for all He has done for you. As a group, give thanks aloud for as many of God’s blessing as you can in the next few minutes.

WRAP-UP

In this life you will encounter times of weakness and discouragement. But you are not alone in that. In those times, rather than trying harder and doing more, rest in God’s power and let the eternal, limitless and loving God of the Universe renew you. Recognize all He has already done and bless Him for his goodness. As you focus more on God and His goodness, and less on yourself or your problems, God can renew and refresh you.

Memory Verse

but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint

Isaiah 40:31 NIV

PRAYER (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members’ needs: (see back for more space) _____

Challenge: If you find yourself in a rut, get a copy of Pastor Matt’s devotional “SPIRITUAL RUTS, ten principles to help you get out and reconnect with Jesus”. It is free in the lobby or online at newlifepismo.com. Try one or more of the daily assignments and allow God to change you through it.

Read 1 Kings 19:3-8 in your Bible

Q2

Q3

Q4

[illegible]