



Road Trip

Part 2: Running on Empty

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Spiritual Mile Markers from Last Week

1. Obedience
2. Trust
3. Faith

Jesus' Spiritual Road Trip

His **obedience** accomplished the Father's plan

If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. – *John 15:10*

His **faith** cost him his own life

The reason my Father loves me is that I lay down my life—only to take it up again. No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father. – *John 10:17-18*

His **trust** secured our salvation

Father, if you are willing, take this cup from me; yet not my will, but yours be done. – *Luke 22:42*

A Godly Rest Area

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

– *Luke 5:15-16*

My Personal Road Trip

Obedience Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.
– *Matthew 11:29-30*

Faith The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.
– *John 10:10*

Trust "...I will build my church, and the gates of hell shall not prevail against it." – *Matthew 16:18*

Rest "Come to me, all you who are weary and burdened, and I will give you rest." – *Matthew 11:28*

(Continues on back)

My Decision

My personal act of obedience is:

My personal step of faith is:

I will choose to trust God with:

My plan for godly rest is:

Next Steps

Summer is a great time to consider your commitments and responsibilities. Take some time this week to **answer and act on** these two questions:

1. Am I running on empty in some area of my life? What could I take a rest from in order to avoid burnout or bitterness?

OR...

2. Am I sitting on the sidelines in a situation where I should be more committed, such as church, family responsibilities or serving my community? If so, is there someone for whom I could provide a time of rest and refreshment?

On The Way Home

Pull to the side of the road for just a moment. Breathe, pray, claim God's promise of rest, and thank God for a quiet moment to just be alone with him. Move on when he releases you to do so.

Group Life Discussion Questions



- 1) Share a road trip story from your childhood. What made it great? What made it awful?
- 2) When you're on the road, do you make use of the rest areas along the interstate? Why or why not?
- 3) Why do you think Jesus chose to escape from the pressures of life? Do you see his escape as a sign of weakness? What can we learn from his example?
- 4) How are you living out the journey of obedience, faith, trust and rest this summer?
- 5) If you feel comfortable, share all or part of the "My Decision" section above with your group.
- 6) How can we pray for you tonight?