



## Deeper Application Message Guide

Sermon: "Filled"  
Week of March 28, 2010  
Speaker: Jeff Love

### Getting Started

- 1) Last week we talked about our "sphere of influence" or those we affect with our lives.
  - a) Think about the times when you have had your best days or been the most effective. What were you focused on?
  - b) When you were at your best were you focused on what others can do or only what you can do? Was the focus mostly on tasks or people?
- 2) Jeff spoke about how trying to do everything yourself, in your own strength can lead to pride.
  - a) Do you think being too busy even if the things you are doing are "good things" can lead to pride? Explain.
  - b) In our culture weary is a way of life. Why does our culture value busyness and productivity so much?
- 3) Why is slowing down long enough to reflect or examine our lives so undervalued?

### Into the Bible

- 4) Jeff spoke about being filled by God. Examining our lives and listening to God can have a huge impact on those we lead and influence. Read **Isaiah 40:28-31**
  - a) According to this verse where does real strength come from?
  - b) In light of this verse what kind of value should we place on rest & reflection?

- 5) Read **Matthew 11:28-30**. In this verse Jesus is talking about his "yoke". A yoke in Jesus' time was a teacher's interpretation of how to live. A yoke is simply a "way of life".
  - a) What is Jesus offering to those who accept His yoke?
  - b) If you experience true "rest for your soul" how would that affect those around you?
- 6) Read **Ephesians 3:16-20**. Paul is praying a prayer for the Church in Ephesus, but this scripture has great encouragement for us.
  - a) According to verse 20, why is it so important for us to be filled by God?
  - b) How should this truth impact our daily lives?

### Digging Deeper

- 7) Jeff spoke about focusing on our 5% or our "sweet spot". There are the things that only we can do as individuals.
  - a) What is your 5% that only you can do? Are you spending most of your time on it?
  - b) Is intentional rest and time with God a regular part of your life? If not why?