
Discussion Questions

Read the passage below to prepare for the discussion.

³ *But you, Lord, are a shield around me,
my glory, the One who lifts my head high.*

⁴ *I call out to the Lord,
and he answers me from his holy mountain.*

⁵ *I lie down and sleep;
I wake again, because the Lord sustains me.* Psalm 3:3-5

1. Have you ever experienced an inner restlessness? How did you try to address it? What finally gave you the inner peace and rest you needed?
2. Do you have a hard time falling asleep at night? When you do, what typically runs through your mind? What helps you fall asleep when you are restless?
3. Do you have a hard time relaxing? What does it mean to relax – Do nothing? Why do you find it hard to relax and what helps you relax so you can rest?
4. In your experience has the Christian life been "light and easy" or "heavy and hard?" What can make it wearisome and what can make it a joy?
5. What insights did you come away with from Jesus' encounter with the lame man?
6. Have you ever been part of an intervention? What was it like and what was the turn out?
7. Jesus made two statements to the man that may seem odd to some. He said: "Do you want to get well?" and "Stop sinning or something worse may happen to you." React to both of those statements. Good advice or poor counseling?
8. Any other insights or questions you have about the passage. ☺ My small group just loves this last question. I stated it differently to camouflage it.