

# MADE TO THRIVE

*Created for More*

## TIPS TO A SUCCESSFUL GROUP

- **START & FINISH ON TIME.** Doing this will show your small group you value their time.

## RESTING YOUR SOUL IN A BUSY WORLD

### ICEBREAKER

If you had an unexpected full day off (no responsibilities, no schedules) what would you do first?  
(Examples: sleep, go to the beach, binge a show, go out with a friend, etc.)

### INTRODUCTION

Life can be loud, fast, and nonstop. We're over-scheduled, overstimulated, and overwhelmed. We chase the next distraction to keep us from burning out, but deep down, we're just tired of it all. Jesus will always be there for us during the busy seasons, but He doesn't want us to stay there. We cannot thrive if our soul never slows down.

### READ |

*Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.* — John 15:4–5 (NIV)

In this passage, Jesus describes our relationship with Him using the picture of a vine and its branches. A branch does not produce fruit by trying harder; it produces fruit by staying connected to the vine, which supplies everything it needs for life and growth. In a vineyard, branches are carefully tended. Healthy branches are **pruned**, meaning they are cut back, so they grow stronger and produce more fruit. Sometimes, what feels like loss in our lives is actually God's loving work, removing distractions or unhealthy patterns so we can truly thrive.

**Has there been a time in your life when God was "pruning" you?** (Examples: removing you from a toxic relationship or job, having something cancelled or postponed to help you refocus, etc.)

## READ I

*He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.  
— Psalm 23:2–3 (NIV)*

Sometimes we move so fast or stay so distracted that we don't naturally choose rest. In His care, God may lead us into moments of stillness, inviting us to slow down and realign our priorities. God leads us to quiet places, not to take something from us, but to give us what we *actually* need. Our souls were never meant to run on constant noise and activity. They are renewed in stillness, in His presence.

**What does "stillness" look like for you right now?** (Example: turning off your phone or having set times of not using it, sitting quietly in prayer, taking a true day off, etc.)

## READ I

*Mary has chosen what is better, and it will not be taken away from her. — Luke 10:42 (NIV)*

In the story of Mary and Martha, Mary sat at Jesus' feet, listening to His teaching, while Martha was busy preparing and serving. Martha was not doing anything wrong; she was simply distracted by many responsibilities. Mary, on the other hand, chose presence over productivity. She was not just resting but **intentionally drawing close to Jesus**. Jesus said she chose what was "better." He was not condemning Martha's service but gently pointing out that being with Him comes before doing things for Him. In that moment, Mary chose what mattered most.

**In this season of your life, do you relate more to Mary or Martha right now? Why? What is one thing you can do this week to spend more time with Jesus?** (Examples: setting aside time to intentionally connect with Jesus through Scripture, prayer, or worship; etc.)

## WHAT WILL YOU DO?

- **Prune Distractions.** Cut one thing this week that drains your soul.
- **Reorder Priorities.** Start your day with God before anything else—even 5 minutes.

## CLOSE IN PRAYER:

Dear God, our lives feel full, but our souls feel empty. Teach us to slow down and stay connected to You. Please help us to release distractions and choose what truly matters, lead us to stillness, and root us deeply in Your presence. In Jesus' name, amen.



## Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
- P - Prayer**

### Here's an example:

**S:** *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*  
--Matthew 4:4 (NIV)

**O:** Jesus said that we can't live on food alone. Our life is sustained through His Word.

**A:** Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

**P:** Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

## SCRIPTURES FOR S.O.A.P.

### **Day 1:**

***... In repentance and rest is your salvation, in quietness and trust is your strength...***

**— Isaiah 30:15 (NIV)**

### **Day 2:**

***But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...***

**— Galatians 5:22–23 (ESV)**

### **Day 3:**

***Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.***

**— Psalm 46:10 (NIV)**

### **Day 4:**

***There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from His.***

**— Hebrews 4:9–10 (NIV)**

### **Day 5:**

***Come with me by yourselves to a quiet place and get some rest.***

**— Mark 6:31 (NIV)**