



Is This It?

Is This It? Why Am I So Tired? – Brad Bullock

April 18-19, 2026

Sermon Recap:

BIG IDEA: Everyone needs a Shepherd who REFRESHES their SOUL.

1 - RETREAT

Our Shepherd leads us to GET AWAY. (*"He makes me lie down..."*)

2 - ENJOY

Our Shepherd fills us with DELIGHT. (*"...in green pastures...beside quiet waters"*)

3 - SURRENDER

Our Shepherd helps us LET GO. (*"He makes me...He leads me...He guides me..."*)

4 - TRUST

Our Shepherd assures us He is in CONTROL. (*"Even though I walk through the darkest valley..."*)

Life Group Questions:

Starter Question: What has stood out to you from this weekend's message?

1 - Take time to share the following: What is your favorite drink? What is your favorite season? What is your favorite place in your house?

2 - If 10 is full and 1 is empty, on a scale of 1-10 how exhausted are you? (Where are you feeling most exhausted right now?)

3 - Read Mark 6:31 together. What would it look like for you to have time alone with God?

4 - What do you think it looks like to enjoy God throughout the day?

5 - Where are you struggling to trust God right now? What are you holding onto?

6 - Which of these words is for you this season? (Retreat, Enjoy, Surrender, Trust)

Prayer: Take time to pour out your heart honestly to him individually, and then come together as a group for prayer.