

Small Group Guide

Based on Jeremiah 6:10-17 | "Rest for Your Souls"

Overview

This sermon draws from Jeremiah 6:16, where God calls Israel to stop at the crossroads, seek the ancient paths, and walk in the good way. The central message is that God persistently calls his people back to himself, and that true rest for the soul is found only when we stop, look, ask, and walk in his ways.

Key Takeaways

- God's warnings and calls to return are directed first to his own people, not just the world around them. As believers, we are responsible to hear and respond.
- The restlessness we feel is real, and many things in this world promise to fill it. Only God can provide genuine rest for the soul.
- Ignoring God's warning signs does not just affect us. Our choices carry consequences for those around us, especially our families.
- Faithfulness in the middle of difficulty, like Daniel in Babylon, can have an impact far beyond what we can see or measure.
- Repentance is not a one-time event. It is an ongoing discipline of stopping, evaluating, and returning to God's way whenever we drift.
- God's mercies are new every morning. He is never far from those who turn back to him.

Discussion Questions

Opening

1. Lee described his childhood as messy and full of attempts to fill an inner void with things like work, substances, relationships, and achievement. What are some common ways people today try to fill that same sense of emptiness or restlessness?
2. Have you ever experienced a moment where you genuinely found rest for your soul? What were the circumstances, and what brought you to that place?

Digging Deeper

3. Lee pointed out that much of what is written in Scripture is addressed to God's people, not to the world at large. How does that shift the way you read and apply biblical passages like Jeremiah 6:16?
4. God gave Israel warning after warning through Jeremiah, and they still refused to listen. What are some ways God might be giving warning signs in your own life right now that you could be tempted to ignore or roll through?
5. The sermon used road signs as an illustration. Stop signs, one-way signs, speed limits, do not enter signs. Which of those resonates most with a pattern you have seen in your own life or the lives of people close to you? What were the consequences of ignoring it?
6. Lee described Daniel remaining faithful to God even while in captivity in Babylon, and how that faithfulness likely had ripple effects that extended far beyond his lifetime. How does that challenge or encourage you in your current circumstances?
7. Jeremiah 6:16 uses the phrase "ancient paths." Lee explained this as returning to a place of trust and faithfulness that may have existed earlier in your walk with God. What did your relationship with God look like at its most passionate? What caused you to drift, if you have?

Applying the Message

8. Lee outlined a four-part discipline using the text: Stop, Look, Ask, and Walk. Walk through each one honestly as a group:
 - Where in your life do you need to stop and be still before God?
 - What do you need to look at more honestly about where you currently are?
 - What do you need to ask God for, whether that is wisdom, direction, forgiveness, or strength?
 - What would it look like to actually walk in the good way in a specific area of your life this week?
9. Lee mentioned the importance of community and accountability, saying that without people around you, you have no one to help when problems arise. How intentional are you about investing in relationships that include honest accountability? What is one step you could take to deepen that this week?
10. The sermon closed with a challenge about repentance, describing it as a 180-degree turn and an ongoing practice rather than a single moment. Is there an area of your life where you know you need to turn around? What has been keeping you from doing so?

Practical Applications

- Set aside one extended block of time this week, even just an hour, to be still before God without your phone or other distractions. Bring your Bible, pray, and simply listen.
- Read Psalm 119 this week and note what the writer says about hungering for God's word. Write down two or three verses that stand out and bring them to share with the group next time.
- Identify one warning sign in your life that you have been ignoring. Write it down privately, pray over it, and consider sharing it with a trusted friend or accountability partner.
- If you have drifted from where you once were with God, write a short honest prayer asking him to help you return to the ancient paths. Keep it somewhere you will see it daily.
- Reflect on the people in your household. Are you present and attentive to them, or are you rushing past them in pursuit of other things? Choose one concrete action this week to invest in those relationships.

Closing Prayer Focus

Close your group time by praying together over the following:

- That each person would develop the discipline of stopping and seeking God before making decisions
- That the group would grow in honest, accountable community with one another
- That anyone carrying restlessness or emptiness would experience genuine rest for their soul
- That your church would be faithful in preaching and living the truth even when it is unpopular

"Stand at the crossroads and look. Ask for the ancient paths. Ask where the good way is, and walk in it, and you will find rest for your souls." Jeremiah 6:16