



Rock Church

Pastor Mike Humphrey | Running On Empty | July 5, 2020

### **D12 Monthly Focus for July: Humbly embrace a Kingdom mindset**

#### **Sermon Application from Sunday's Message:**

On Sunday 7/5, Pastor Mike shared about how when we don't have any distractions, we are able to focus and hear from the Lord, to get rest for our minds and rest for our souls. To do this, we need to:

1. Run to Jesus
  - Rest **BEGINS** when you run to Jesus.
2. Walk with Jesus
  - Only **CARRY** the burdens that Jesus tells you to **CARRY**.
3. Sit with Jesus (Luke 15:25-32)
  - Your Mind is always being **INFLUENCED**. Make Jesus your main **INFLUENCER**.

We feel like we know what's right to do in our life, but Jesus still has so much he needs to teach us. Most of us have never went to medical school or had a position in a political office, but feel we know all the answers to some of today's issues. We have to make a conscious decision to choose to influence others. We're being influenced by our own desires, our own flesh. We're either being transformed by God or conformed to the world by what's influencing us. We need to not allow the world to conform us, but to have control over what we watch, listen to, eat; and to be passionate about our faith and allow ourselves to be transformed by the Word, on purpose.

#### **Take time to read through the following and discuss the questions below in your group.**

- Read the key verse for this series, Running on Empty, from Matthew 11:28-30
- What are specific things today that are making you feel tired, worn out, or burned out?

- With all of today's issues (like COVID-19, racial matters, and political viewpoints), what next steps will you take to draw closer to the Lord so that you can be filled instead of running on empty?

**Next Steps:**

Encourage your Group members to branch off and host their own groups for the new Difference Maker series beginning on Sunday, July 19<sup>th</sup>. Have them text GROUPS to 52525 for more information on hosting an rGroup.

**THIS MONTH'S MEMORY VERSE**

“Therefore, whoever humbles himself as this little child is the greatest in the kingdom of heaven.” ~ Matthew 18:4

**This Week's Bible Reading** / The Bible Project Videos

Isaiah 47-66: <https://bibleproject.com/explore/isaiah/>

Proverbs 19: <https://bibleproject.com/explore/proverbs/>

Jeremiah 1-3: <https://bibleproject.com/explore/jeremiah/>

