



Soul Satisfaction | Jimmy Rollins | 6.13.21
Weekly Study

START

To get things started, go around the circle and answer the following question:

What is the most inspiring conversation you have had in the last three months?

SHARE

Welcome back to Group! This week, Jimmy Rollins gave a powerful message called Soul Satisfaction. Before we dive into the sermon, take some time to check in with your Group by answering these questions.

Rate your week on a scale of 1 to 10. Why did you pick that number?

What is one word you would use to describe how you are currently feeling? Why did you choose that word?

What was the most challenging part of your week?

What was the highlight of your week?

GROW

Read Mark 8:34-38

What do you know about this passage? Who is speaking, and who is he speaking to?

What do you think it means to gain the world but forfeit your soul?

This week Jimmy talked about finding soul satisfaction. These days, we are all searching for ways to satisfy our soul, but oftentimes we are looking in all the wrong places.

However, in the passage you just read, Jesus gives us a warning: “And what do you benefit if you gain the whole world but lose your own soul?” (Mark 8:36). When we start searching for fulfillment and satisfaction in the wrong places, we may find a little bit of happiness, but we won’t find the sustaining joy we are searching for. And we may even lose our soul in the process. As Jesus reminds us in the next verse, “is anything worth more than your soul?” (Mark 8:37)

The good news is, soul satisfaction is not something we have to manufacture on our own. As Jimmy reminded us this week, “Peace is not the presence of something it’s the presence of someone. And that someone is Jesus!”

In order to practice finding that peace, Jimmy got practical and gave us four steps:

- 1. Still Yourself**
- 2. Take Notice**
- 3. Observe God’s Goodness**
- 4. Proceed in His Presence**

Which of those four steps stuck out to you from Jimmy’s sermon? Why do you think that is?

Which of those four steps do you need to work on the most? What is one tangible step you can take this week to get better?

M O V E

Read Matthew 11:28-30

When is the last time you felt complete soul satisfaction?

What verse stood out to you the most in this passage? Why?

What do you think Jesus meant by “rest for your soul”?

This week, Jimmy also taught us how to find true rest for our souls. As he reminded us, “we can fix tiredness with sleep care, but we can only fix weariness with soul care!”

In the passage you just read, Jesus shows us how to have that soul care Jimmy talked about. But He uses some interesting language. In verse 29, He says, “Take my yoke upon you.” That language may be a little difficult for us to understand today, but it would’ve made total sense to his original audience. A yoke is a tool used by farmers to bridle oxen together. It was commonly understood that if two oxen were yoked together correctly, they could pull more than they could on their own. In this passage, Jesus is inviting us to join up with him because when we do, He can do all the heavy lifting.

The truth is, we all have burdens we carry around, but Jesus is offering to take them for us. As we talked about this week, when we come to Jesus, He is faithful to carry the burdens we were never meant to carry on our own:

- **Shame**
- **Guilt**
- **Anxiety**
- **The burden to provide**
- **The burden to be perfect**
- **The burden to always have the right answers**
- **The burden to perform**
- **The burden to belong**

Jesus is more than enough for us. He can carry these burdens for us. Our souls are busy and burdened with so many things. But when we surrender to Jesus, we can find some true rest for our souls.

Do you relate to any of these burdens? Have you experienced any of them this week?
Which ones?

Do you feel at peace right now? Would you say your soul is at rest?

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

T O G O

For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.

- Mark 8:35