



Saint James AME Church
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Ronald L. Slaughter, Senior Pastor

Bible Study Outline

11:00 AM

Rev. Jacqueline Reeves, Facilitator

November 29, 2017

Stuck: What To Say When You Don't Know How To Pray"

Adam Weber, Author

Introduction: This morning, we are discussing Chapter Ten (10), entitled "You're Stuck in the Mud" (pg.114) and Chapter Eleven (11), entitled "You're Exhausted" (pg.123).

Chapter 10 provides the reader with a scenario of the author's 12-year old son getting stuck in the mud when he is specifically instructed and warned not to go near the mountain of mud in the yard. For some reason, the boy is lured to the mud and gets stuck.

Scriptures: Psalm 40; Matthew 11:28;

Points to Ponder:

Chapter 10: Stuck

1. What entices us to wander away from God's instructions?
2. How do we become unstuck? What is our first reaction?
3. What are the consequences that we suffer?
4. What is the essence of Psalm 40?
 - Thank God, He leans down and listens for our cries of help. He will pull us out again and again.

Chapter 11: Exhausted

This chapter shows us ourselves. It puts us in the categories of "People Pleasers," "Burn Out", "Busy, Busy, Busy", "Walking Zombie", or "Workaholic". Where do you fit in?

Growth comes with many challenges. Burning the candle at both ends leads to exhaustion.

Points To Ponder:

1. The importance of Rest.
2. Thinking you don't need help and recognizing your need for help.
3. Crying out to God for help.
4. Forgiving yourself for not going to God when He says, "Come".
5. Say the Words, "Lord I Need Your Help, Lord I Need You!"
6. Matthew 11:28 "Come to me all who are weary (exhausted) and find rest."
 - Jesus will always extend an invitation to come to Him whether burnt-out or exhausted, take the time to talk and rest in Him.

Notes:

Remember: "It cost something to follow Jesus Christ as your Lord and Savior. Are you willing to pay the price?"