



RESTORATION

with Bart Scarborough, Ancient Way Farm Founder

▶ FOCUS VERSE

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

Be still, and know that I am God.
Psalm 46:10

▶ DISCUSSION

- 1. In today's crazy, fast paced world where do you find rest for your soul? Where do you go/what do you do to get away from all the distractions?**
- 2. In the Bible, Luke 5:16 says "Jesus often withdrew to lonely places and prayed." Jesus shows us that we need to OFTEN remove ourselves from the hustle and bustle of our everyday lives and renew ourselves spiritually.**
 - Do/did you have anyone in your life who modeled such behavior?
 - How did they spiritually renew themselves?
 - What impact has their example had on your life?
- 3. Bart notes that often people who passionately care for others forget to care for themselves.**

Remember that if you have nothing, you have nothing to give either. We must make feeding our souls a priority in our lives.

- What do you do to make taking care of yourself a priority?
- What example are you setting for your children/family/brothers?
- Are there any things you wish you were doing differently?

