



**e** | MESSAGE NOTES

Danny Anderson  
Soul Keeping, week 4

Your soul needs rest.

- “This whirling rushing life which so many of us live does for us what the first march did for those poor jungle tribesman. The difference; they knew what they needed to restore life’s balance; too often we do not.” - Lettie Cowman
- *The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat. So they left by boat for a quiet place, where they could be alone.* - Mark 8:30-32

The end result is soul fatigue.

1. Easily frustrated.
2. Give in to temptation.
3. Take the path of least resistance.
4. Get sloppy in our relationships.
5. Become indecisive.
6. Lack courage.

- *Elijah was afraid and fled for his life. He said down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”* - 1 Kings 19:3-4
- “The soul knows only borrowed strength.” - John Ortberg

- *He gives power to the faint, and to him who has no might he increases strength... but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.* - Isaiah 40:29,31

1. The soul finds rest in obedience.

- “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.” - Matthew 11:28
- “So why do you keep calling me 'Lord, Lord!' when you don't do what I say?” - Luke 6:46

2. The soul finds rest in learning.

- *Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.* - Matthew 11:29

3. The soul finds rest in trusting.

- “For my yoke is easy to bear, and the burden I give you is light.” - Matthew 11:30
- *Night and day, while he’s asleep or awake, the seed sprouts and grows, but he does not understand how it happens. The earth produces the crops on its own.* - Mark 4:27-28

WEEKLY BIBLE READING			
One Year New Testament	SUNDAY Acts 18:23 – 19:12	MONDAY Acts 19:13-41	TUESDAY Acts 20:1-38
This Week →	June 28	June 29	June 30
WEDNESDAY Acts 21:1-14	THURSDAY Acts 21:15-36	FRIDAY Acts 21:37 – 22:16	SATURDAY Acts 22:17 – 23:11
July 1	July 2	July 3	July 4
WEEKLY MEMORY VERSE: MATTHEW 11:28			

# FOR GROUP DISCUSSION

Answer these questions prior to your Small Group meeting this week.

1. The main theme of this series has been to recognize that ‘the condition of your soul determines the quality of your life.’ What other themes have emerged for you over the last four weeks of the Soul Keeping series?

2. Danny talked about the different pressures that we are all under. What are your specific pressures? How do your pressures tend to ‘wear out’ your soul?

READ Mark 6:30-32. Jesus knew His apostles needed to rest in order to keep their soul from feeling fatigued. How do you know when your soul is feeling fatigued? What are your indicators?

3. READ Matthew 11:28. According to this scripture there is rest to be found for all who are weary or carry a heavy burden – but Jesus says first you must, “Come to me...” Why would Jesus ask weary and heavily burdened people to come to Him? What are some possible reasons our movement toward Him is required?

READ Matthew 11:29. What are some other practical lessons Jesus taught? Do those lessons seem natural and comfortable, or unnatural and burdensome? Why?

READ Matthew 11:30. How does your life reflect the fact that you are ‘properly yoked’ with Jesus? What are some of the indicators that He is handling the majority of your workload?

4. Dallas Willard said, “The person who has the easiest, the happiest, the strongest life is the person who walks in the yoke with Christ.” Share the specific ways you will confidently step into a properly yoked relationship with Jesus this week in your level of obedience, your commitment to apply what you have learned, and the level of trust you display.



Welcome to EMMANUEL CHURCH

Greenwood Campus

June 27 & 28, 2015

## GUEST INFORMATION

Please fill out a Connection Card and drop it in the offering bucket. Thank you for being our guest!

As our guest, please do not feel obligated to participate in our offering. Instead we hope that you will receive our gift to you of a comfortable experience and a message that makes sense to you.

LARGE PRINT and HOLE PUNCHED BULLETINS are available at the Information Center in the lobby.

If you have any questions, please visit the Information Center. We would love to meet you!

## FOR CHILDREN

*Our nurseries and children’s program offer a warm, caring, and fun atmosphere for your child. They will be well-supervised and have age-appropriate FUN! Check-in begins 25 minutes before each service.*

*Our Family Room (by the Information Center) is an option if your child is not comfortable in his or her age-appropriate classroom, or if he or she is restless or fussy in the main auditorium. A private Nursing Mothers Only room is available as you exit the auditorium to the right near the restrooms. A live video feed is available in both areas so you won’t miss the service in progress.*

## LAST WEEK’S ATTENDANCE

BANTA

700

GREENWOOD

2,656

## TOTAL IMPACT

Both Campuses

Attendance: 3,356

Offering: \$77,920

May Attendance Averages: Banta - 719, Greenwood - 2,898

May Giving Average: \$81,574

*\$91,000 per week fully funds our 2-Year Vision.*