



*"But he must ask in faith without any doubting,  
for the one who doubts is like the surf of the sea,  
driven and tossed by the wind."*

—James 1:6 | NASB

**DISCUSSION QUESTIONS:**

1. How long is your daily to-do list? Have you ever been so overwhelmed that you didn't know where to start? Have you ever tried doing everything at once?
2. Consider the quote on the right. Does this describe you, either now or previously? How so?
3. Are you busier than you want to be? If so, what can you let God do about it?

"I wanted to figure out why I was so busy, but I couldn't find the time to do it."  
—Todd Stocker

**Double-mindedness**

4. Read James 1:5-8. Why would James say that doubt makes a man unstable?
5. Read Ephesians 4:11-15. According to these verses, what makes believers immature? What makes us mature?
6. Read Matthew 7:24-29. What kind of person does Jesus compare an unstable house to? What kind of person does He compare a firm house to?

7. Read Matthew 5:34-37 and James 5:12. Is Jesus (and James) simply telling us to be decisive? Explain.

## **Rest**

8. *In the Old Testament:* Read Leviticus 23:1-8, 23-39. What seems to be the most common command here? Why do you think the Lord has to keep reminding his people to rest? Do we today take as much time to stop working as the Israelites did?
9. Read Leviticus 25:1-4. What do you think of this enforced sabbatical every seven years?
10. *In the New Testament:* Read Mark 2:27. So, why did God create the Sabbath?

## **TAKE AWAY:**

What is one correction you could make today that would bring health and balance to your soul this week?