



Refreshed Everyone knows what it feels like to be tired, exhausted, and maybe even burnt out. So what's the answer? Another vacation? A better vacation? A change of circumstances? The bible tells us that the only way to find real refreshment is in God. That's what we all desperately need and that's what we're going to ask him for over the next 6 weeks. Come and be refreshed in the LORD.

1. If we're honest, often we don't look to the Bible for the help we need. Why do you think that is?
2. Read 2 Timothy 3:16-17. Looking at the whole chapter, why does Paul tell Timothy about the reliability and usefulness of scripture?
3. Reliable means we can trust it. According to 2 Timothy 3:16, what makes the Bible reliable? What does 2 Peter 1:21 tell us about the inspiration of Scripture? (For a more in-depth study on the reliability of Scripture see [The New Evidence That Demands a Verdict](#) by Josh Mc Dowell.)
4. Does the way you treat the Bible (reading it, studying it, and obeying it) show you trust it as God's word? Explain. If not, what more evidence do you need to be convinced? If so, what keeps you from reading, studying and obeying it more?
5. Not only is the Bible reliable, but it is useful. According to 2 Timothy 3:16, what are the 4 benefits of scripture? Give an example of how you have personally experienced one of these?
6. According to 2 Timothy 3:17, what is the purpose of scripture? What does it mean to be *competent, equipped for every good work*? How does God's word make us "fresh"? Can you give a personal example of this?
7. As a result of this study, what specific steps do you plan to take to get into the Bible so the Bible gets into you?
8. What "good works" does God want you to do? How will you depend on God's word to equip you for this?