

# Restlessness and Spiritual Seeking

EOCCC Midyear Retreat

# Close Your Eyes .....

What emotions are you feeling right now?



We are built for God. We each have a hole in us that only God can fill. When God fills the emptiness within us, our souls are at rest. But when we try to fill that emptiness within us with someone or something else, we feel restless. Our souls might feel disquiet or uneasiness. We might feel like something is off.



The restlessness we feel is often God speaking to us. It's God's wake-up call, letting us know that there is something that we need to pay attention to. Perhaps we took a misstep or made a poor choice. Maybe we knocked God out of the center of our lives and are trying to replace God with other things. Perhaps our prayer lives have been neglected.

# Checking Your Spiritual Pulse

1. How is my prayer life?
2. Am I investing in my faith, my family, my work, and my life? Why or why not?
3. Are there choices I've made that led me away from God?
4. What do I feel is missing from my life?



## Reflection - Psalm 62: 1-2 (Song of Trust in God Alone)

**For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall never be shaken.**

### Reflect and Share

When do you feel shaken or unsteady? When do you know something is off in your life? Is it a feeling of unsettledness? Anxiety? Irritability? Restlessness? How have you experienced God working within these feelings to draw you closer?

# Restlessness and Biblical Responses

Restlessness (Spiritual, Physical, Mental) can have several causes, and the Bible addresses them all. These include:

# Worry

Worry about what might happen is a greater problem for some than others, but we have all experienced it. Worry is simply previewing a future without God in it. Worry is the opposite of faith, so when we find ourselves worrying, we need to confront it with truth. Jesus told us not to be surprised at the trials we go through, and He reminded us that He has overcome the world (John 16:33). When we choose to rest in His promises instead of our fears, restlessness is calmed.



# Discontent

Sometimes restlessness is sparked when we compare our situation with that of someone else. This is a form of social relativism.

Saint Paul challenged us in his Letter to the Philippians 4:11–13 with his decision to be content in whatever circumstances he found himself. His cure for restless discontent was that he could do all things through Christ who strengthened him (Verse 13).

# Inactivity

We become restless when we have lolled about in apathy and insignificance for too long. In the case of inactivity, restlessness can be a good motivator. When we finally get sick and tired of feeling that way, we are ready to plunge into whatever God is calling us to do. When we've become spiritually restless, the cure is to allow the Holy Spirit to fill us (Ephesians 5:18; Acts 1:8). He then empowers us to step out in obedience.

# A Still, Small Voice

There are times when God gives us peremptory warnings so that we can make wiser choices, rather than suffer the consequences of wrong ones. Restlessness can be caused by uneasy feelings within our spirits that have spared many from catastrophe.





# Use the Restlessness in Your Soul

1. Did you move around a lot?
2. Do you find comfort in routine?
3. Do you find yourself looking for nostalgia?
4. Do you go “all in”?
5. Do you think restlessness needs to be fixed?

# Courage



# Where Does the Journey Take Us?

A scenic landscape at sunset or sunrise. The sun is low on the horizon, casting a warm, golden glow over the scene. The sky is filled with soft, wispy clouds. In the foreground, a dark, gravelly path or road leads towards the horizon. The background shows rolling hills and a forest of trees. A large, semi-transparent black box with white text is overlaid on the center of the image. The text reads: "Some journeys take us far from home. Some adventures lead us to our destiny." Below the main text, in a smaller font, is the attribution "C. S. Lewis".

Some journeys take us far  
from home. Some adventures  
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C. S. Lewis

# Closing Prayer

With God's help, check your spiritual pulse. How is your restlessness?

Ask for the Holy Spirit to help you adjust areas of your life so that your soul can be at rest.

We pray,

Please help me to turn to You in all circumstances – in the good, the bad, and the ugly. Give me the strength to surrender my will to Yours, and guard my heart and mind with the peace as I choose to trust You with my struggles today. In Jesus' Name

**Amen**