

SMALL GROUP STUDY GUIDE



**PRINCE
OF PEACE**
Called to Connect



Unload and Refuel

May 6 & 7, 2023

Many of us are exhausted, and it's taking a toll on every area of our lives, including our spirit. That's why, in this sermon series, we're going to explore the wisdom of Scripture and learn how we can build a little margin in our lives. Because we can't love God with our whole heart, mind, soul and strength, or love our neighbor as we love ourselves, when we're running on empty.

SCRIPTURE TEXT: MATTHEW 11:28-30

Read the scripture text together as a group.

BACKGROUND INFO

When you and I are running too fast and taking on too much, we're bearing the yoke of the world. We're living by the culture's teaching that the busier you are, the more important you are; and the more you accomplish, the more value you have. But that's a weight we were never meant to bear. Instead, we're invited to take on Jesus' yoke, which says that we are of infinite value because we're made in the image of God. We don't have to hustle for our worth or our identity because Jesus teaches that we are beloved children of God by grace, not by some to-do list. That's good news indeed.

DISCUSSION QUESTIONS

- What chapter of your life was the "busiest"? What was keeping you so busy during that time? What are some of the most pressing items on your "to-do list" currently?
- In Pastor Jeff's sermon, he gave four reasons why we tend to "run out of gas" in our lives: we don't start the day with a full tank, we're driving too fast, we're overloaded, and/or we're not watching the gauge. Share a story from your life when you (figuratively) ran out of gas for one of these reasons.
- What warning signs does your body give you when you are running on empty? How likely are you to recognize and heed the warnings? What happens when you don't?
- What does "coming to Jesus and finding rest" look like in your life?
- In what ways are the teachings of Jesus "easy and light"? In what ways are they challenging?
- Read the words of Isaiah 40:28-31 slowly and deliberately. Then read them again. What words or phrases stand out to you? Close your eyes and visualize the scripture passage. What picture do the words paint in your mind?

CHALLENGE: This week, come to Jesus and get refueled in his presence. Take up his yoke and allow grace to guide you instead of allowing the tyranny of the urgent to drive you. Keep practicing this until you're able to say, "I have learned to feel safe and satisfied, like a young child in its mother's arms." (Psalm 131:2)