

Royal Redeemer

CGS Community Discussion Guide

Based on the sermon for September 23 + 24, 2017
Making the Most of Your Life: Naval Jelly



(For use as an opening Devotion, use only the highlighted portion)

- **Begin by sharing a high and/or how from your week**

Connect

- How would you describe the difference between busyness and burnout? When did you experience either busyness or burnout?

Grow (read this passage aloud and listen for words or phrases that speak into your life now)

At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

"All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:25-30

- Share any words or phrases that speak into your life today.
- What are the burdens that Jesus is talking about? How does Jesus lighten our burdens and give us rest?
- When Jesus talks about his "yoke", he is using the language of a farmer and an ox. How is this a comforting image for believers?
- Jesus says that his burden is light. What is the burden Jesus is referring to? Would you call it a burden or use a different word?
- Jesus says that God reveals his kingdom to little children. It seems that God likes using something weak or ordinary to accomplish great things. What else can you think of that is like this in the gospels?

Serve

- Burdens can become lighter simply by another person taking a bit of the load onto their shoulders. Is there a person in your life who is carrying a substantial load and may be dealing with burnout? What could you do, in a small way, to take a bit of their load onto your own shoulders and give them a moment of rest?

End with the Lord's Prayer