

BELPRES CHURCH

Sermon Title: I Know You're Busy, but...

Opening Question: Looking back to last week's sermon and scripture... How did you live differently or practice what we talked about in your life this week? What did you do and how did it go?

This week's scriptures:

1 Corinthians 13:4

Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

Matthew 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light.

Scripture Reflection Questions: Read this week's scripture together and discuss the following (note: we use the same scripture reflection questions each week so that we can practice using the same tools over time as we examine different scriptures):

- What do you feel when you read this scripture (excited, angry, worried, etc....)? Why do you think that is? (Explain in your group and then take that response to Jesus in prayer this week.)
- As you read this scripture, where does it challenge your current cultural context?

Sermon Reflection Questions: Reflecting on this week's sermon, discuss the following:

1. In Matthew 11, why do you think Jesus uses a work metaphor (yoke) when inviting us to rest? What is Jesus inviting us into with the yoke?
2. What is one way you can practice "eliminating hurry" as we enter into the Christmas season?

Closing Question and Application: Given what we've discussed together today, how might God want you to apply these learnings to your life or in the life of your community this next week? Who might you share this with?

Closing group prayer: Spend a few minutes together in your group sharing prayer requests and then praying together for each other. Take the challenging parts of your conversation to Jesus. Thank God for the time together, the conversation shared, the other people in the group, and for encouragement in the week ahead.