

Freedom From Our Stress

Touching Base – What’s going on in our lives ... any highs or lows?

Reflecting – What have you thought about, applied to your life, or shared with others from our last discussion?

Today’s Topic – Read the passages from the Bible and let’s retell them in our own words.

Matthew 11:28-30

²⁸ Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light.”

Philippians 4:6-9

⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Discussion Questions

1. What do these passages tell us about God?
2. What do these passages tell us about people?
3. What else did you learn from these passages?
4. If you believed this was true, what could be the benefits and how might you apply it to your life?
5. What about these passages could you share with someone else, and who might that be?