

Lightening Your Load

SERIES: RUNNING ON EMPTY
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KEY VERSE

Job 6:2-3 (Mes)

"If my misery could be weighed, if you could pile the whole bitter load on the scales, it would be heavier than all the sand of the sea! Is it any wonder that I'm screaming like a caged cat?"

Matthew 11:30 (TEV)

"COME to Me, all of you who are tired from carrying heavy loads, and I will give you rest. TAKE My yoke and put it on you, and LEARN from Me, because I am gentle and humble in spirit; and you will find rest for your souls. For the yoke I will give you is easy, and the load I will put on you is light." - Jesus

How Does Jesus Teach You To Lighten Your Load?

1. Jesus Teaches Me: _____ .

Matthew 11:28 (RSV)

"Come to Me, all you that are weary and are carrying heavy burdens, and I will give you rest."

Isaiah 40:29 & 31 (NLT)

"He gives power to those who are tired and worn out; He offers strength to the weak... Those who wait on the LORD will find new strength."

Matthew 6:6 (Mes)

"Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace."

2. Jesus Teaches Me: _____ .

Matthew 11:29a (NIV)

"Take My yoke upon you..."

Matthew 11:30 (NIV)

"For My yoke is easy, and my burden is light."
"For My yoke fits perfectly."

Psalms 55:22 (Mes)

"Pile your troubles on God's shoulders. He'll carry your load and help you out."

When I'm "yoked" with Christ, we move together in the

same _____ & at the same _____.

Galatians 5:25 (NIV)

"Since we live by the Spirit, let us keep in step with the Spirit."

Romans 3:28 (Mes)

"Our lives get in step with God by letting Him set the pace."

Psalms 107:1 (LB)

"Say thank You to the Lord for being so good, for always being so loving and kind."

3. Jesus Teaches Me: _____ .

Matthew 11:29b (NIV)

"...Learn from Me; for I am gentle and humble in heart, and you will find rest for your souls."

Proverbs 20:24 (LB)

"Since the Lord is directing our steps, why try to understand everything that happens along the way."

Psalms 142:3 (GN)

"When I am ready to give up, He knows what I should do."

1 Peter 2:24 (LB)

"Jesus personally carried the load of our sins in His own body when He died on the cross so that we can be finished with sin and live a good life from now on."

Small Group Questions:

1. Discuss with your group the ways Jesus teaches us to lighten our load. What does the Bible teach us about being "yoked" with Christ? (See verses on this outline)
2. How do we often respond to giving up control? How does Jesus encourage us to let Him in the driver's seat? (see verses above) What personal application can you make from this lesson?
3. Take time now to pray for the needs of your group.

ANSWER KEY:

To Come To Him; To Give Up Control To Him; Direction; Pace; To Learn To Trust Him.