

LEADER PREP

GOAL OF SMALL GROUP

To remind students it isn't about what we do, it's all about what He has already done for us.

MAIN POINT

God values your presence over your performance.

MAIN SCRIPTURES

Matthew 11:28-30

THINK ABOUT THIS

"Do better. Do more." Our culture echoes these demands to us. If we aren't careful, they can creep into our relationship with God. Have you been there? How do you remind yourself that you can REST in God's LOVE for you? Take some time in preparation for this conversation with your students:

- 1) To rest in God's love for you!
- 2) To think of practical ways you can remind your students of God's love for them

This guide is a suggestion, not a formula. Let the students and the Holy Spirit guide the conversation, too.

DISCUSSION GUIDE

GET THEM TALKING

- How was everyone's week? Share Highs & Lows.
- Someone recap the main point of the message in your own words.
- Why can it be hard to connect with someone if you feel like they always want something from you?
- Do you feel that way about God? (Or have you ever?) Share about what makes (or made) you feel that way.

INTO THE WORD

READ MATTHEW 11:28-30 and answer the following questions:

1. How are God's yoke and His burden described?
2. How would you describe the difference between being present with a friend versus performing for a friend?
3. How would you describe the difference between being present with God versus performing for God?
4. In your own words, what does it mean to grow in our relationship with God?

NEXT STEP

Grab a paper and pen and create your group's own "Spiritual To-Do List" (Read your Bible, go to church, invite friends to church, serve, pray big things, etc).

ASK:

1. When you see this list, how do you feel?
2. How can we see this list from a place of peace, hope, and love instead of a place of stress or shame? (Or in other words – how can we see this as an exciting list of things we GET to do to grow in our relationship with God, instead of a list of HAVE TOs?)

PRAYER GUIDE

We are going to close in prayer.
Anyone have any prayer requests?

MAIN SCRIPTURES

Scripture is provided for convenience, but we prefer you and your students open your Bibles to read the Scripture. This helps your students learn how to find Scripture in their Bibles and where these verses are in the larger context of God's Word.

MATTHEW 11:28-30 NIV

"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."

LEADER CORNER + NOTES