

WEEK 4
LESSON OUTLINE



BIG IDEA

Jesus invites us to trust Him with our worries and burdens.

BIBLE

Matthew 11:28–30; Psalm 91:9–15;
1 Peter 5:7

ABOUT THIS WEEK

As you climb towards a roller coaster's big drop, the view from the top can fill you with feelings of worry and fear. This week, we'll hear the words Jesus spoke to a group of people filled with worry about their lives, their futures, and more. Jesus comforted the people around him by telling them **Jesus invites us to trust Him with our worries and burdens.**

WHAT?	Waiting for God to act can feel like the climb on one of those log rides that splashes into the water. We know the ride will be wild and amazing, but the anticipation and waiting before we take the big drop can make us anxious. We've all had little moments that may cause us to worry occasionally. Sometimes, you know they are small things, but sometimes, they are big. What would it look like if we also turned to God with our worries no matter how big or small?
SO WHAT?	<p>In Matthew 11:28–30, when Jesus says, "Come to me, my yoke is light," he wants to ensure they know following him and living like him doesn't worsen things. Jesus says when they trust him and live as he does, not only does it help shoulder the weight of life, but Jesus joins in and helps carry it alongside them. The same is true for you today. When you trust and take on the yoke of Jesus, Jesus doesn't just leave you to figure it out on your own. He will come beside you and teach you how to live in a way that helps you bear the burden. We can trust and follow Jesus because he's in it with us, showing us how to carry our worries.</p> <p>Psalm 91:9–15 tells us that there's security in trusting God. It's not that God stopped the attacks. Instead, we trust God to be our safety when they happen. Jesus and the Psalms are helping us see that during every part of our roller coaster life, Jesus invites us to trust Him with our worries and burdens.</p>
NOW WHAT?	<p>Be patient as you learn, but if you are weary and burdened this week, here are a few ways you can learn to trust Jesus.</p> <ul style="list-style-type: none"> ● PRACTICE TALKING TO JESUS: Tell him how difficult things are for you. If you don't follow Jesus, this is an open invitation to anyone who feels exhausted and burdened. You can begin to follow him today. Simply tell him what makes you so tired and that you trust him your whole life. Say you are sorry for making it difficult for others to carry their load, and ask Jesus to help you carry your burdens. ● PRACTICE DOING WHAT JESUS DID: This week, read about what it looks like to live like Jesus in Matthew 4–7 and choose one thing you want to talk to God about and implement from what you read in your life. <p>You can talk to God about your burdens because Jesus invites us to trust Him with our worries and burdens.</p>