

## ICEBREAKER

- Describe someone who has been influential in your life and why.
- Choose a fruit that best describes who you are at this point in your life. Share with the group why you chose that fruit.

## LEADERSHIP SUMMARY

1. This Attribute forms the foundation of every follower's walk with Christ. It can be easily overlooked because of its simplicity, so you are encouraged to be candid about your own devotional life and share openly how you have seen growth during the seasons when you've "remained in Him" more deeply than at other times in your life.
2. This session will provide an excellent opportunity to have honest dialogue about the healthiness of group members relating to the pace of life. If they have little time margin, it will show up clearly in the discussion. In our western culture we are busy, but the call of Jesus is to slow down and be with Him. A conversation about "being present" will help expose the tendencies we all have to continually be "on the go." Part of what it means to follow Jesus is to learn His rhythms. This will take time and will require a significant amount of change for some in your group (and perhaps for you too).

## QUESTIONS

1. What stood out to you the most in your reading this week? Why?
2. Which of the nine fruits of the Spirit do you find the easiest to bear? Why? Has it always been this way or is it a season in your life? (pg. 45)
3. Which of the nine fruits of the Spirit do you find the hardest to bear? Why? Has it always been this way or is it a season in your life? (pg. 45)

*Note: Wax Fruit vs. Real Fruit and Bearing Fruit vs. Producing Fruit*

- Read Matthew 11:28-30 **[See if they can quote it.]**

*28 "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."*

4. What stands out to you in this passage?
5. What promise does Jesus make to people who come to Him?
6. How have you found rest in Jesus? [Share a personal experience about how Jesus has helped you find rest (i.e. rest from a worry, rest from a fear, confidence you are going to be with Him one day, etc.)]
7. Read Matthew 11:29-30 again. Life without knowing the grace of Jesus is hard. What do you think it looks like to take on Jesus' light burden?
8. What heavy burdens are you carrying that would be lighter in view of God's grace?
9. How can you allow Jesus to take your burdens?

### **BREAK INTO GROUPS OF 2-3**

1. When will it work best for you to unload your burdens/spend time with Jesus?
2. Who can help you achieve your goal to spend time with Jesus?

## MISSION

- How can we as a group work together to remove heavy burdens for people who don't yet know Jesus?

## PRAYER

- How can we pray for each other? (emphasize decisions)
- "When you align your heart with His desires, there is an open-endedness about what can happen in prayer." (pg. 51)

## BEFORE NEXT GATHERING:

- Read *Learn To Listen* (pgs. 58-77)
- Memorize Matthew 7:24-25

## RESOURCES

- Music to Inspire You to Follow Jesus (PDF)
- How to Develop a Schedule (pgs. 216-217)
- Time Analysis Spreadsheet (Excel)
- Assurance Verses (pg. 46)
  - 1 John 5:11-12; 1 Peter 3:18; John 1:12; John 5:24
- Authority of Scripture Verses (pg. 47)
  - 2 Timothy 3:16-17; Psalm 119:18, 93; Psalm 19:7-8
- Guidance Verses (pg. 49)
  - Proverbs 3:5-6; Psalm 32:8; Isaiah 55:8-9; John 6:38; Psalm 119:105; 1 Corinthians 2:12; James 1:5-7