



06.14.2020
IT'S HEAVY
Discussion Guide

BIG IDEA

Life can get difficult because of the heavy things we try to bear. Jesus knows about bearing heavy things because He carried all our sins to the cross so we could be forgiven. Pastor Daniel reminds us that we don't have to carry heavy burdens by ourselves. The antidote to heaviness is humility so we can get in the right posture towards God. At the right time, God will lift us up.

SCRIPTURES USED IN THE MESSAGE

- Matthew 27:32
- 1 Peter 5:6-7
- Philippians 2:8

TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What things have been forced on you in this season that are difficult to bear? How are you currently responding to these difficulties?
- What is the significance of Jesus needing help carrying the weight of the cross in Matthew 27:32?
- How can I begin to recognize God's efforts to draw me near to Him while experiencing the weights of life?
- How can you begin to cast your heavy burdens onto God? Why is humility required to do this?
- Pastor Daniel said, "crosses are where things go to die." Describe a situation when you took something weighing you down to the cross for it to die. How did you feel before and after this process?

APPLICATION IDEAS

- "Humility is the posture that invites heaven into your situation." God is using this season to get us into the right posture. What steps do you need to take to change your posture?

PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray for God to reveal the things in us that need to die because the other side of death is new life.

LEADER TIPS

- Have a discussion with your group members about how the group can help in this season. Be humble and serve others. As a group, be the hands and feet of Jesus.