



Discussion Guide 4

ONE-MINUTE RECAP

Even though we are called to forgive others and make peace with people "as far as it depends" on us, God distinguishes between those who take ownership of their actions and those who don't.

- Foolish people continually behave in ways that hurt themselves and others.
- When someone's repeated irresponsibility causes damage to their own life and yours, you need to set a boundary.
- Unconditional love does not mean unconditional assistance.

OPEN the Bible

READ Galatians 6:2-4

Pastor Kyle talked about how "burden" and "load" in this passage mean different things in the original language. A burden is an excessive and impossible weight to lift, a load is heavy, but something we are capable of lifting ourselves.

- What feels like an excessive weight in your life right now; something you know you can not and should not carry on your own?
- What is something you know is your responsibility to carry, and how are you staying accountable to that?

- 1) Are you good at setting boundaries with toxic people?
- 2) When have you recently had to set a boundary, and what was that experience like?

If you really fulfill the royal law according to the Scripture, "You shall love your neighbor as yourself," you are doing well.

Jas 2:8.

The Good Stuff

PUT IT INTO PRACTICE

HOW DO WE PRACTICE SHARING BURDENS?

READ Matthew 11:28–30

“Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.”

The first step that Jesus gave to those who were burdened was to come to him.

The second was to take his yoke and learn from him.

Christianity is a relational belief system. Jesus had a relationship with the Father that we are invited into. If we don't ever go to Jesus, then we can not experience the lightness of his yoke.



THIS WEEK'S FOLLOW PRACTICE:

1. IDENTIFY THE HEAVY BURDEN YOU ARE TRYING TO CARRY ON YOUR OWN.
2. FIND A QUIET PLACE TO BE ALONE WITH JESUS.
3. PUT ON A 10-MINUTE TIMER.
4. TAKE A DEEP BREATH AND CLEAR YOUR MIND OF DISTRACTIONS AND ASK JESUS TO HELP YOU CARRY IT.
5. SEE WHERE HE TAKES THE CONVERSATION.

EXTRA CREDIT: HAVE A PEN AND PAPER AND WRITE DOWN ANYTHING YOU SENSE JESUS SAID OR SHARED WITH YOU DURING YOUR PRAYER TIME.

SHARE THAT WITH YOUR GROUP.