

“ReCreate” Discussion Questions

The Hurry Problem – Week 1 – May 2, 2021

Instructions: Rather than a teaching session, this is a time of mutual discussion and growth. Begin with 1-2 ice breaker questions. Then, after reading the Scriptures, **pick the questions that are of most interest to your group**. Finish with a couple of application questions and prayer together.

Ice Breaker Question (pick 1-2 questions)

1. On a scale of 1-10...
 - How hurried is your life? Explain.
 - How connected do you feel to God? Explain.

What correlation, if any, do you feel exists between your answers above?

2. What is one thought or idea from Sunday’s message that especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped, or surprised you?

Read and discuss Matthew 11:28-30

1. What weariness are you experiencing right now?
2. What does rest in that weariness look like?
3. Taking a rabbi’s yoke upon you was an idiom for connecting yourself to their instruction and way of life. It was typically very burdensome with many new rules and expectations. Yet Jesus surprised everyone when he said his yoke was easy.
 - In your mind, what does it look like to “take Jesus yoke upon you”? Why would Jesus say this is easy?
 - What difficult yokes (teachings, expectations, ways of living) are you connected to right now?
4. Have you ever experienced Jesus’ yoke as light and easy? Explain.
5. Talking about why most of us do not experience the rest and life Jesus offers, Eugene Peterson said “The Jesus way wedded to the Jesus truth brings about the Jesus life.”
 - Do you think this is true, that both belief and way of life are required to experience the rest and abundant life Jesus offers?
 - Which one are you more inclined to focus on at the detriment of the other?

Application

1. What *needs to change* in my life concerning how I am yoked to Jesus? What *will I change* in my life concerning how I am yoked to Jesus?
2. Did you follow through with what you committed to do last time?
3. How can you bless someone else as a result of this Scripture and discussion?
4. How can we as a group bless someone in response to this passage?

Pray Together