



Home Teams

DISCUSSION GUIDE

OVERCOMER

October 26 & 27, 2019

Overcomer: Part 2

Overcoming Busyness

BIG IDEA: Jesus designed us to overcome busyness by choosing Him.

TEACHING POINTS:

- Do you trust God enough to rest?
- What do you need to change or eliminate to get more rest?

SCRIPTURE: Matthew 11:28



OPENING QUESTIONS

1. What activity makes you lose track of time?
2. Who can you spend time with to just relax and be yourself?

IN THE WORD

1. Read [Matthew 11:28](#). How does Jesus bring rest to the tiredness and burdens of our lives?
2. What roles do gentleness and humility play in [Matthew 11:29](#)?
3. Why is this practice of Jesus in [Luke 5:17](#) so important?
4. What do [Deuteronomy 27:9](#) and [Psalm 4:4](#) look like in today's world?

MAKING IT PERSONAL

1. Why is it easier to be busy than to stop, be silent, and listen to God?
2. What happened the last time you took some alone-time with Jesus?
3. Do you trust God enough to rest?
4. How can you allow God's voice to be louder in your life?
5. What do you need to change or eliminate to get more rest?

CONTINUED LEARNING

Set an hour this week to spend time with Jesus and read [Luke 10:38-42](#). Feel free to praise, request, repent, but make sure to have quiet time to listen and ultimately yield to what God says.



I WILL:

I will obey something from God's word in the next 24-48 hours.



I'LL SHARE:

I will share, with either a believer or non-believer, what God is teaching me and what I'm learning.

Notes & Prayers



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