

FCABC LIFE GROUP DQS

- 1) The Pharisees loaded people down with over 600 rules and regulations while offering no help to bear them. **In what ways might modern religious culture, or even our own expectations of ourselves, create similar burdens that drive people away from genuine rest in Christ?**
- 2) 1 John 5:3 says that God's commandments are not burdensome, yet many believers still experience their faith as heavy and exhausting. **How do we experience God's commandments as "not burdensome" instead of being "heavy" and "exhausting"?**
- 3) Jesus describes Himself in Matthew 11:29 as gentle and lowly in heart. **How does this image of Christ reshape the way you typically think about surrendering control of your burdens to Him?**
- 4) The sermon draws a distinction between the 'given rest' that comes through salvation and the 'found rest' that comes through active service and submission to Christ's yoke. **Which of these two forms of rest do you find more difficult to experience in your daily life, and why?**
- 5) The sermon describes Christ's yoke as 'custom-made' to fit each person, much like a carpenter crafting a yoke specifically for an individual ox. **How does the idea that God's calling on your life is uniquely fitted for you change the way you live out your faith?**

TAKE HOME / CHALLENGE QUESTION

- 1) The sermon closes by noting that Peter, even in his old age, was still preaching the message of casting all your care upon God because He cares for you. **How would this week look different if you really casted all of your cares upon the Lord?**