



Spring 2023 | 05.07.23

To catch up on the full Sunday messages from this series, check out our YouTube channel.

[\[YouTube Channel\]](#)

INTRO & ICE BREAKER

Introduce yourself and answer this: Was your family a Coco Puffs or Coco Roos growing up? What was your favorite childhood cereal and why?

RECAP & DISCUSSION

In this week's message, Pastor Chris concluded the series "Get Your Hopes Up", where he shared how many who have experience with "the church" were met with rules and religion, or some adaptation of the church based on the pastor's bias, experience or personal opinions.

Discussion:

- Let's spend a few moments sharing what stood out to us from the message on Sunday. What was new or unexpected? What impacted you the most? What did you talk about after service?

Pastor Chris used the absurd example of visiting the local guitar store and hearing an amateur attempt our favorite song (insert favorite guitar riff here). The experience can be almost painful, and our temptation is to exit the store. It would be an overreaction to throw away all of our vinyls and CDs; we don't abandon our passion for our favorite band. We realize that experience was not an accurate representation of truth.

Discussion:

- Why is it when we have a similar disconnect with the church, we can doubt our faith, the church and our commitment to God. Have you experienced a situation where "the church" or a pastor left you confused, hurt or empty?
- How did you reconcile the tension and conflict in your heart?

Have someone read Matthew 11:28-30 This scripture is an invitation to come to Jesus with a promise we will find rest for our bodies and soul. The promise is not the elimination of work; but to find purpose, accomplishment and even joy. The yoke is a reminder to reflect Jesus as we honor God in our efforts.

Discussion:

- While simple in words, the invitation to “come to Jesus” was revolutionary. Why was this invitation so different “there and then” and does it apply today?

Pastor Chris shared two different expressions of the word yoke. In Jesus our yoke is light; He is walking with us and sharing the burden. The second is the yoke of the rabbis who interpreted the law to fit their opinion or bias.

Discussion:

- Do you find yourself grasping for the yolk of the world, the opinion or bias that is most in alignment with your opinions?
- How does the environment around us influence our ability to focus on Jesus’ yoke instead?

PRAY

One of the things that we want to focus on each season of Life Groups is to get comfortable praying out loud together. Close out your time together with prayer. If you’re a newer Life Group, the leader can set an example by leading in prayer, but explain that we’ll all be doing this over the next few weeks together. Explain that prayer is simply talking to God - there aren’t perfect words to say. Next week, encourage someone else to close in prayer!

Are there any prayer requests or praise/prayer requests?

ANNOUNCE

- Mother’s Day is this Sunday, May 14 with services at 9 and 11 AM. Remind your Life Groups to RSVP online so we can prepare some special treats for all of our moms!
- Our next YTH NIGHT is Sunday, May 21st at 6:30pm! This is for all youth, grades 6th - 12th!
 - We’ll also be celebrating all graduates that Sunday morning!
- UP WEEK is June 4th!
 - Nursery to Preschool
 - Preschool to Elementary
 - Elementary to Pre-Teen
 - Pre-Teen to Middle School
 - Middle School to High School
 - High School to Young Adults!

We’ll see you next week!

OUR CITY

CHURCH