



GUIDED BIBLE STUDY

Learning to Receive

Speaker: Shane Condon

Highlighted Scripture

Ephesians 1:3

“Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places.”

Exodus 20:8

“Remember the Sabbath day, to keep it holy.”

Romans 12:2

“Do not be conformed to this world, but be transformed by the renewal of your mind.”

Matthew 11:28

“Come to me, all who labor and are heavy laden, and I will give you rest.”

Discussion Questions

- 1. Why do you think it can be difficult for believers to simply receive what God has already given?**
- 2. How does understanding that we already have “every spiritual blessing in Christ” change our perspective?**

- 3. In what ways can constant striving prevent us from experiencing the rest God offers?**
- 4. How does renewing our minds affect the way we approach our relationship with God?**
- 5. What practical steps can help you trust God more and carry less on your own shoulders?**

Reflection Challenge

Pay attention to areas where you feel the pressure to strive or perform.

Ask yourself:

- Am I trying to earn something God has already given?**
- Am I carrying burdens Jesus invited me to release?**
- Am I focusing more on effort than relationship?**

Take intentional moments to pause, breathe, and remember:

- ✨ God has already blessed you in Christ.**
- ✨ Rest is part of God's design.**
- ✨ Transformation begins with a renewed mind.**
- ✨ Jesus invites the weary to come and receive.**

Prayer

Father God,

Thank You for the blessings You have already given us through Jesus Christ.

Forgive us for the times we try to carry burdens on our own.

Help us slow down and trust Your grace.

Renew our hearts and minds so that we can see Your gifts clearly.

Teach us to rest in You and receive what You freely offer.

In Jesus' name,

Amen.

