

Leadership Tip!

The activity in here is designed to help diverse groups work together. When you have new people at your Life group, it can be helpful to have them do an activity together. New members will feel included and more likely to engage in conversation.

SECOND WIND – WHEN YOUR SOUL IS WEARY.

STARTER QUESTION: What does the word “weary” mean to you?

MAIN IDEA: Jesus offered rest to the weary, and we are offered the same rest.

KEY VERSE:

28 Come to Me, all you who are weary and burdened, and I will give you rest.

29 Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29

Activity: Stack the Tower

Start with a team-building activity involving balance.

Here is a cup stacking activity I suggest:

<https://www.youtube.com/watch?v=teJbh-dxHTQ>

You could also make towers out of spaghetti and marshmallows or just use decks of cards to make the tallest tower.



You can work all together or divide into groups, depending on the size of your group.

How tall could you make your tower before it collapsed?

1. Think of a time things collapsed for you. What were the consequences (health, relationships, jobs, finances, etc)?
2. On a scale of house of bricks to card tower in a stiff wind, how stable are you feeling in your life right now?

If people need more help determining their stress level, have them process through each of the 4 signs of soul fatigue.

Decisions. Feeling rushed. Resistance. Decreased ability to love.

What people can you think of in the bible that were “weary”?

Peter - great disciple as he started out to be - even with all he knew about Jesus - crashed.

Read Luke 22:31-34.

What prophecy did Jesus give (vs 34)?

What does Jesus say he prays for Peter (vs 32)?

Jesus said that the disciples would be “sifted like wheat” or shaken to the point of breaking. Then Peter would fall away but return to help others. Jesus prayed that Simon would make it through this rough patch and come out stronger on the other side.

It seems interesting that Jesus prayed for Peter’s faith, even though he knew he would fail. Why might he have done that?

To me it is encouraging to know that Jesus is praying for me, even though he knows when I will fail.

Read Luke 22:55-62. What do Peter’s actions tell us about him?

When have you been on the “fringe” of following Jesus...watching, but not wanting to be in the spotlight? What are the consequences of that?

The time around the fire could have been Peter’s last act, but Jesus wasn’t done.

John 21:15-19 Hank highlighted this passage on Sunday.

According to this passage, how did Jesus make Peter...

- **Face his past**
- **Begin (or restart) a love relationship with Him**
- **Have new purpose for the future...**

Just as Jesus did with Peter, we are offered the same grace and purpose:

28Come to Me, all you who are weary and burdened, and I will give you rest.

29Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29

FINAL THOUGHTS:

Is Jesus asking you to...

- **Face your past?**
- **Begin (or restart) a love relationship with Him?**
- **Have new purpose for the future...**

CLOSE IN PRAYER

BONUS MATERIAL:

If you are interested in going more in-depth, here is some more analysis of Peter's interaction with Jesus.

When we left Peter at the fire, all seemed to be lost.

But as we know from the story, Jesus' death was not the end. He conquered death and was raised out of his tomb. In fact, Peter was one of the first disciples to see the empty tomb. It says in John 20:8 "He saw and believed." After his resurrection Jesus appeared and "did many other miraculous signs in the presence of his disciples (John 20:30)."

But seeing and believing wasn't enough for Peter.

The final conversation recorded between Peter and Jesus comes in John 21. Peter knew of Jesus' resurrection, he knew that he had power over death, and yet... Read John 21:3. What did Peter and the other disciples do?

Back to normal. They had this unbelievable adventure and experience following this great rabbi, then he suffered and died, but now he's alive, but what does that mean? Where is he? ...I don't know. Let's go fish.

But once again Jesus met them back in normal life and drew them out. Read verses 4-14.

Same miracle... different circumstances.

Name 2 or 3 similarities between the story in Luke 5 and this story in John 21?

Name 2 or 3 differences.
Is there a change in Peter's personality or response?

After Jesus reappeared to the disciples with this same great miracle, he and Peter had an intimate conversation.
Read 21:15-17.

Jesus: Do you _____ me more than these?
Peter: Yes Lord, you know that I _____ you.

Jesus: Do you _____ me?
Peter: Yes Lord, you know what I _____ you.
Jesus: Do you _____ me?
Peter: Yes Lord, you know all things, you know that I _____ you.

Why was Peter hurt by this conversation (vs 17)?

In English, this conversation is all about love. But in the English translation we miss the subtle, but vital, differences from the original Greek language.

Jesus: Do you agapao me more than these?

Peter: Yes Lord, you know that I phileo you.

Jesus: Do you agapao me?

Peter: Yes Lord, you know that I phileo you.

Jesus: Do you phileo me?

Peter: Yes Lord, you know all things, you know that I phileo you.

Read carefully the definitions and comparisons of those two words:

φιλέω philéō, fil-eh'-o; to be a friend to (fond of (an individual or an object)), i.e. have affection for (denoting personal attachment, as a matter of sentiment or feeling); while **ἀγαπάω or agapao** is wider, embracing especially the judgment and the deliberate assent of the will as a matter of principle, duty and propriety: [...] the former being chiefly of the heart and the latter of the head; [Strong's G5368].

How would you describe the difference between “agapao” and “phileo”?

I think the most telling part of the definition is **agapao**: “the deliberate assent of will” versus **phileo**: “a matter of sentiment or feeling”

Jesus asked Peter about the depth and commitment of his love, but Peter responded with declaring his affection. The second time they have the same interaction. But the third time Jesus changes his question. “Do you have affection for me?” Peter: “Yes, Lord, you know all things, you know that I have affection for you.”

Why do you think Jesus changed his question?

“Well fine Peter... if you can't commit to a deliberate assent of your will... can you at least show your love and affection by feeding my sheep?” (my translation of this conversation).

Peter was hurt because Jesus asked him repeatedly, but perhaps Jesus kept asking because Peter was answering the wrong question. How would you answer? How would you describe your love for Jesus? Is it a deep and active choice of will or a light and fuzzy affection?

But regardless of the depth of the love, the love shouldn't be empty or inactive. What does Jesus want Peter to do because of his love?

Jesus still wants Peter's love - and our love - to be active: giving and caring for others.

Note: Do you think there is any significance to the question given 3 times? (look back at Luke 22:61)

This last story that helps us learn about Peter is not a conversation with Jesus. It comes from after Jesus ascended to heaven.

Read Acts 2:1-6. "They" indicates Peter and the other disciples of Jesus.
What happened?

Peter showed his love for Jesus and renewed his commitment, but he was still just running on his own strength. That is, until verse 4.

"They will filled with the Holy Spirit and began to speak in tongues as the Spirit
_____."

Peter and the other disciples did not work their way into some great strength - it was given to them because of their love for Jesus and desire to follow him.

Peter, the timid, self serving, (but mostly well meaning) follower of Jesus, was transformed into a bold, courageous speaker of truth by the strength of the Holy Spirit.

If you have time, stop and read Peter's first sermon, Acts 2:12-36. This timid fisherman became a profound orator. He preached the gospel to this crowd of devout Jews. He used prophecy from Joel and King David to teach this crowd about the power and glory of Jesus.

And what was the crowd's response (vs 36-42)?

And so started Peter's ministry to the Jews.

SECOND WIND

“When your Soul is Weary”
Easter Weekend

Reasons I believe:

- Eyewitnesses
- Historicity
- Transformed lives

“Christianity, if false, is of no importance, and if true, is of infinite importance; the only thing it cannot be is moderately important.” -C.S. Lewis

“Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.” Matthew 11:28, 29 (NLT)

Signs of Soul Fatigue:

- Decisions.
- Feeling rushed.
- Resistance.
- Decreased ability to love.

“When they got there, they found breakfast waiting for them—fish cooking over a charcoal fire... After breakfast, Jesus asked Simon Peter, “Simon son of John, do you love me more than these?” “Yes, Lord,” Peter replied, “you know I love you.” “Then feed my lambs,” Jesus told him. Jesus repeated the question: “Simon son of John, do you love me?” “Yes, Lord,” Peter said, “you know I love you.” “Then take care of my sheep,” Jesus said. A third time he asked him, “Simon son of John, do you love me?” Peter was hurt that Jesus asked the question a third time. He said, “Lord, you know everything. You know that I love you.” Jesus said, “Then feed my sheep...” Then Jesus told him, “Follow me.” John 21:9-19 (NLT)

How does the Lord restore our souls?

- He makes us face our past.
- He begins (or restarts) a life-giving relationship with us in the present.

“To all who have received him—those who believe in his name—he has given the right to become God’s children.” John 1:12 (NET)

Believe + Receive = Become

- He gives us purpose for the future.