

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

Welcome!

Series: Rhythms of Grace

Today's Message: The Pace of Grace

Dr. Lance D. Watson, Senior Pastor

PRAYER: Our Father, who art in heaven, hallowed by your name. Your kingdom come. Your will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. Lead us not into temptation but deliver us from evil. For thine is the kingdom, the power and the glory, forever and ever. Amen.

ICEBREAKER: If there were one simple, not too serious, question you could ask God today, what would it be?

INTRODUCTION: The way we spend our most precious nonrenewable resource—time—causes so many of us to feel scattered, fragmented, and exhausted. We're always busy, always late, and always behind. Do the priorities on our lists match the priorities of our hearts? Living fruitfully requires awareness and intentionality—to get there, we need a different rhythm—the rhythm of grace.

BIBLE STUDY: Read St. Matthew 11:28-30 (MSG)

DISCUSSION QUESTIONS:

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message today? What points did you find most insightful? How did the message challenge you?
2. Grace is a rhythm. Evaluating your own life, how in sync are you with God's tempo at this point in your journey? What happened to you in the last year that threw you "off tempo?"
3. "Come" is a familiar word in scripture. "Come back to me; come and see; come follow me." God continues to invite us, desiring what is best for us. We are promised the help we need by a gentle and humble Lord to walk more lightly in life, knowing that he is with us. Do you hear the Lord's invitation to as life-giving and liberating?
4. Please share with our group a "hard struggle" or "heavy load" you have carried in your past. How did carrying this heavy load affect your daily life? What does Jesus tell us about His yoke in Matthew 11:30? Why do you think Jesus' yoke is "easy to bear" and "light"? Why do you think people choose to hold on to their burden and not allow Jesus to carry it for them?
5. Which burdens do you find yourself carrying most often? Why do you tend to carry this particular burden? Please share with our group a "burden" you are currently carrying. What is preventing you from giving it to the Lord?

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study. Previous GPS Guides are available online at www.myspbc.org.

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

CHALLENGE: What is one way you are going to change your life rhythm this week? How will that shift impact your family? What rhythm of your life is in sync with God right now?

SERVE: Pray over St. Matthew 11:28-30 this week. **Praise** God now for the grace you have known in your life. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give Him praise!

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

We Care!

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472
EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)
EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)
EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000
EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Jamie Duncan: Jamie.Duncan@myspbc.org
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.*



Small Group Leader Guide

Would you like to START or JOIN a Small Group at Saint Paul's?

Most existing groups are open to new group members, and new groups begin on a regular basis. If you have friends in a small group, ask about joining their group. If you are new to Saint Paul's and are looking for a place to connect, please feel free to contact us and we will do our best to help you find the right group.

Leader Tips:

The GPS document is a guide for discussion. Don't feel like you must use every question. Some questions will take a while to work through while others will be over in a few seconds!

1. Don't teach the lesson. The sermon was taught on the weekend. Just ask questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Relationships, not curriculum, are the heartbeat of our small groups. So, have fun with the people in your group.

Agenda for a Small Group Gathering

Gathering Time

Take 5-10 minutes to welcome everyone, catch up and if planned, share some food!

Discussion Time

Here's a suggested format:

1. **Ice Breaker** – Lighthearted icebreaker question (5-10 min.)
2. **Discussion** - Discussion time, Bible study, application challenge (30-40 min.)
3. **Prayer** – Prayer requests and praying for one another (10-20 min.)
4. **Planning** – Remind the group of how we serve together (e.g. usher, sing, greet, pray, etc.)