



Morning Star Las Cruces 2026 Discussion Questions

January 18, 2026

Series: Watch and Learn

Title: Live Freely

Text: Matthew 11:28-30

1. Name something in your weekly routine that tends to drain your energy? What's something that helps you recharge, even a little?
2. When you hear the phrase "live freely," what's the first image or feeling that comes to mind?
3. What stood out to you in the message titled, "Watch and Learn: Live Freely?" Did a phrase, image or invitation linger with you? What do you want to discuss?
4. Read Matthew 11:28-30 in the New Revised Standard Version Updated Edition (NRSVUE). This passage is our congregation's watchword. (Reminder: A watchword is a word or phrase or passage based in scripture that reflects a congregation's experience of God.) Why do you think these words have become central for us right now, as individuals and as a community?

Mission and Vision of Morning Star: To point people to the grace of God found in Jesus through inspirational worship, radical inclusion and the alleviation of suffering.

5. Now read Matthew 11:28-30 in The Message version (MSG). What differences do you notice? How does each version shape your understanding of weariness and rest, burden and freedom?

6. Jesus says, "Come to me." What do you think Jesus is inviting us *away from* with this invitation? And what is he inviting us *into*?

7. Read Galatians 5:1. How does Paul's vision of freedom connect with Jesus' invitation to an unburdened life?

8. Read Hebrews 12:1-2. What does this passage suggest about laying down what weighs us down so we can live more freely?

19. Living freely shapes how we engage others. Where might God be inviting you to show up more freely in the life of this community? Check out the mstarlc.church or the MSUMCLC (Morning Star United Methodist Church Las Cruces) mobile app for ideas!

10. How might your group pray for you as you practice responding to Jesus' invitation to live more freely and engage more fully?