

BEND, DON'T BREAK

Part 1: Share the Burden

INTRODUCTION

In life, we will all bend. Jesus tells us that in this world, we will have trouble and it is precisely this trouble that causes us to have to bend. But when we get so overwhelmed, overcommitted, and overexposed, we bend to the point of breaking. But this is not the life that Jesus wants us to live! Jesus offers us a relationship designed to keep us from breaking – because He promises to shoulder the burden with us.

LET'S TALK ABOUT IT

1. What are some of your “until” statements? (Example: “I know I am stressed but that is just until this project at work is over.”)
2. Which words best describe how you feel on a routine basis? Overwhelmed, overcommitted, and/or overexposed?
3. What do you do to temporarily refresh your soul?
4. Even if you know theologically that God loves you, do you believe that He also likes you, delights in you, and enjoys you?
5. Who and/or what are you yoked to that drives your overwhelm, overcommitment, and overexposure?

THIS WEEK

What might it look like to unyoke yourself from the things of this world and yoke yourself to the truth of Jesus? This often starts with spending time with Jesus and reading His words. A good place to start is the Gospel of John.

“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 11:29

Other Scripture references: Matthew 11:28, John 16:33, John 8:31-32, John 4:13, John 6:35