

THE HEART OF JESUS

The Beat

The Beat

BIBLE STUDY LESSONS
FOR C.O.R.E. GROUP
DISCIPLESHIP



EVERY NATION
ABU DHABI

The Heart of Jesus is Gentle and Humble

- How would you feel if you were given many tasks to do?
- What are some things in life that seem to frequently weigh you down?

LET'S READ

²⁸ "Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

MATTHEW 11:28-30

Jesus addressed the Jewish people who were spiritually burdened by excessive religious expectations, rules, and regulations set by the Pharisees and teachers of the law (*Over 600 religious rules were added for them to follow*).

This religious "yoke" took a toll on the people. We can only imagine the guilt and frustration they felt if they were unable to follow these complex religious rules and then be constantly pinned down by teachers of the law. On the other hand, Rabbi (teacher) Jesus came and offered a different "yoke"—one that was easy and light that would released them from burdens they could not bear. He showed His gentle and humble heart towards spiritually oppressed people.

Notes

LET'S LEARN

How do you
usually
respond
when you're
pressed
down by
trials?

What truths can we learn about the Gentle Heart of Jesus?

1. Jesus invites us to come to Him.

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

MATTHEW 11:28

"Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved."

PSALM 55:22

Jesus extended an invitation to those who are "weary and burdened," people experiencing difficulties, struggles, stress and are weighed down by all sorts of challenges. He invites us to come to Him and promises to help us carry our heavy load and sustain us during tough times.

2. Jesus invites us to learn from Him.

"Take my yoke upon you, and learn from me, for I am gentle and lowly in heart..."

MATTHEW 11:29a

Jesus invited people to learn from Him and follow His perfect example of gentleness, humility and obedience. When we take His yoke, we surrender our burdens to Him and receive His peace. We can trust Jesus with our burdens because He first bore the sinful weight of the world on His shoulders on the cross for us.

What does
Jesus's
message of
'take my yoke
and learn from
me' mean to
you?

3. Jesus invites us to rest in Him.

^{29b} ... and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

MATTHEW 11:29b-30

Jesus promises 'rest for our souls' amidst the troubles we face. Unlike the strict yoke of the Pharisees, Jesus offers His yoke that is easy and light when we come to Him.

*How do
you feel
when
someone
makes your
life easier
during
difficult
times?*

LET'S PRAY

- *Ask God to help you cast all your burdens on Him and receive His peace.*
- *Pray for someone you know who may be going through hardship in his/her life now.*

LET'S APPLY

- *Reach out to someone who needs some encouragement this week.*
- *Testify to someone about how God has helped you amidst a difficult situation.*

The Heart of Jesus Empathizes

- Share how you overcame a very sad experience in your life.
- If you can ask God for a miracle, what would it be and why?

LET'S START

¹¹ Soon afterward, Jesus went to a town called Nain, and his disciples and a large crowd went along with him. ¹² As he approached the town gate, a dead person was being carried out—the only son of his mother, and she was a widow. And a large crowd from the town was with her. ¹³ When the Lord saw her, his heart went out to her and he said, “Don’t cry.” ¹⁴ Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, “Young man, I say to you, get up!” ¹⁵ The dead man sat up and began to talk, and Jesus gave him back to his mother. ¹⁶ They were all filled with awe and praised God. “A great prophet has appeared among us,” they said. “God has come to help his people.” ¹⁷ This news about Jesus spread throughout Judea and the surrounding country.

LUKE 7:11-17

Jesus traveled to Nain and encountered a funeral procession for a widow’s son. He was moved with deep compassion when He saw the widow’s grief, so he touched the young man’s coffin and commanded him to “get up.” Miraculously, the young man was brought to life! This story encourages us that Jesus’s heart empathizes with us especially in our lowest moments and He is more than willing to rescue us from the depth of despair.

Notes

LET'S LEARN

What gives
you
comfort in
times of
pain and
grief?

How does Jesus show us His empathic heart in our painful situation?

1. He sees our pain and suffering.

When the Lord saw her, his heart went out to her and he said, "Don't cry."

LUKE 11:13

Jesus deeply showed his concern for the woman who lost not only her husband but also her only son. He met the widow in her pain and grief; in her helplessness and hopelessness, He comforted her.

2. He speaks life into our situation.

¹⁴ Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, "Young man, I say to you, get up!" ¹⁵ The dead man sat up and began to talk, and Jesus gave him back to his mother.

LUKE 11:14,15

Jesus brings and restores life. He takes no pleasure in the death of anyone; He desires life, freedom and wholeness for us.

What dead situation in your life would you want to ask God to bring to life again?

LET'S PRAY

- Call on God to help you in times of pain and suffering.
- Pray for a person close to you who is experiencing tough times.

LET'S APPLY

- *Surrender your difficult situation to God and trust His sovereign work in your life.*
- *This week, show an act of compassion to a person who is going through grief.*

The Heart of Jesus restores the fallen

LET'S START

- Share one instance in your life that you regret the most.
- Given the chance to restart your life, what would you change?

LET'S READ

¹ but Jesus went to the Mount of Olives. ² At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. ³ The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group ⁴ and said to Jesus, “Teacher, this woman was caught in the act of adultery. ⁵ In the Law Moses commanded us to stone such women. Now what do you say?” ⁶ They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger. ⁷ When they kept on questioning him, he straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.” ⁸ Again he stooped down and wrote on the ground. ⁹ At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. ¹⁰ Jesus straightened up and asked her, “Woman, where are they? Has no one condemned you?” ¹¹ “No one, sir,” she said. “Then neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”

JOHN 8:1-11

The scribes and Pharisees wanted to entrap Jesus by bringing a woman caught in adultery to be judged by Him. However, the encounter between Jesus and the woman showed His unconditional mercy for human brokenness. The woman deserved to be stoned to death according to Jewish law. But Jesus’s response surprised everyone—He offered forgiveness and new life instead.

LET'S LEARN

How have
you
experienced
Jesus's
compassion
in your life?

How does Jesus deal with human brokenness?

1. He responds to us with compassion.

At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there.

JOHN 8:9

Jesus's powerful words made the accusers drop their stones and leave one by one. Jesus showed compassion by staying with the woman.

2. He condemns us not.

¹⁰ Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" ¹¹ "No one, sir," she said. "Then neither do I condemn you," Jesus declared.

JOHN 8:10,11

Jesus not only showed compassion but ultimately offered forgiveness in light of the woman's brokenness. Jesus condemns no one but welcomes all who come to Him (see also John 3:17-18).

Are there any past
sins you still feel
condemned for?
How does Jesus's
words, 'Then neither
do I condemn you,'
change your
perspective about
His forgiveness?

3. He leads us to live a new life.

"Go now and leave your life of sin."

JOHN 8:11b

After extending forgiveness, Jesus commanded the woman to turn away from her life of sin and turn a new leaf. Once we surrender our brokenness to Him, He gives us His grace to start anew.

Share a godly
habit that has
helped you
walk away
from your old
life. How has it
changed you?

LET'S PRAY

- Ask the Lord to guide you to walk faithfully in your new life in Christ each day.
- This week, pray for God to use you in helping someone who needs to be restored back to Him.

LET'S APPLY

- *Think about a time in the past when God restored you from some brokenness. How does this encourage you today?*
- *Share your testimony of restoration with someone this week.*

The Heart of Jesus is forgiving

LET'S START

- What do you think is the greatest thing that you'd like someone to do for you?
- Share a time when someone helped you be free from a desperate situation. How did you feel?

LET'S READ

¹ A few days later, when Jesus again entered Capernaum, the people heard that he had come home. ² They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. ³ Some men came, bringing to him a paralyzed man, carried by four of them. ⁴ Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. ⁵ When Jesus saw their faith, he said to the paralyzed man, “Son, your sins are forgiven.” ⁶ Now some teachers of the law were sitting there, thinking to themselves, ⁷ “Why does this fellow talk like that? He’s blaspheming! Who can forgive sins but God alone?” ⁸ Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, “Why are you thinking these things? ⁹ Which is easier: to say to this paralyzed man, ‘Your sins are forgiven,’ or to say, ‘Get up, take your mat and walk’? ¹⁰ But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the man, ¹¹ “I tell you, get up, take your mat and go home.” ¹² He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, “We have never seen anything like this!”

MARK 2:1-12

Forgiveness was most probably a significant part of what Jesus was teaching the crowd at the beginning of this passage.

When the paralytic was brought by his friends to Jesus, He first addressed his greatest need—forgiveness, then his felt need—physical healing.

LET'S LEARN

What is the boldest thing you think you can do for a friend who needs to experience Jesus?

What truths can we learn from the story of the paralytic?

1. Jesus can use us to bring people to Him.

³ Some men came, bringing to him a paralyzed man, carried by four of them. ⁴ Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on.

MARK 2:3,4

The paralytic's friends were in faith to bring him to Jesus. Despite the obstacles, they were determined to find ways for Jesus to notice them. They desperately wanted their friend to be healed.

2. Jesus has the authority and power to forgive.

⁵ When Jesus saw their faith, he said to the paralyzed man, "Son, your sins are forgiven." ⁶ Now some teachers of the law were sitting there, thinking to themselves, ⁷ "Why does this fellow talk like that? He's blaspheming! Who can forgive sins but God alone?"

MARK 2:5-7

Jesus was accused of blasphemy by the Pharisees for claiming the power to forgive sins which they argued only God can do. Jesus, the Son of Man, has the rightful authority and power to forgive sins because He is also God the Son.

*Upon trusting
Jesus as Lord
and Savior, He
has forgiven
all your sins.
How does this
truth change
the way you
live now?*

3. Jesus heals both physically and spiritually.

^{10b} ... So he said to the man, ¹¹ "I tell you, get up, take your mat and go home." ¹² He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, "We have never seen anything like this!"

MARK 2:10b-12

Jesus has the rightful authority and power to heal both our seen and unseen sickness.

*Do you know
anyone who
needs physical
healing now? How
can you help them
experience
Jesus's healing
power?*

LET'S PRAY

- Ask God to reveal to you if there is any hidden sin in your life and receive His forgiveness.
- Intercede for someone that you know who is physically sick today.

LET'S APPLY

- *If there is any area in your life that needs healing, talk about it with a trusted leader and ask for their prayer.*
- *Be ready to encourage and pray for someone (friend, family, colleague) who may need the Lord's healing and/or forgiveness.*



EVERY NATION
ABU DHABI