



## **Part 2: How's Your Soul?**

1. Read Matthew 11:28-30
2. As you read, picture Jesus saying this to you. Are you experiencing this kind of life right now? Why or why not?
3. Instead of offering escape, Jesus offers equipment. He offers a new way to carry life. Right now, do you feel like you're carrying life on your own?
4. Is life feeling heavy right now? If you feel comfortable, invite others into what you're experiencing by sharing.
5. What do you feel like is the greatest thing that stands in the way of your spiritual growth and the health of your soul?
6. A "Rule of Life" is a set of practices that can help you carry your life. Jason talked about 4 practices: Silence, Sabbath, Simplicity and Slowing. Do you currently practice any of these? If so, how's it going? How does beginning one or more than one of these feel?