

Busy Body
Part 1 - "We Have a Problem"
January 6 & 9, 2022

Matthew 11:28-29

Come to me, all you who are weary and burdened, and I will give you rest. 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.

Jeremiah 6:16

This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls."

Matthew 11:30

"For my yoke is easy and my burden is light."

- Weariness comes from being **yoked** to anything other than Jesus.

Group Questions

1. Are you busy? What's keeping you busy? Let's be honest and make a group list of some important things that fill up your time, and some not so important things that take up your time.
2. When it comes to hurry:
 - a. Do you think it is important to understand that we're living in a cultural moment where evaluation and regulation have not yet caught up to innovation? Why or why not?
 - b. What are some ways that innovation has made your life better? What are some ways that innovation has impeded your ability to flourish?
 - c. How did you score on the "symptoms of hurry" evaluation?
3. Read John 14:25-27. What is the difference between the peace that the world gives and the peace that Jesus gives?
4. Read Matthew 11:28-30. In your past, was following Jesus portrayed as a belief system, as a way of life, or as both? What do we miss out on if it is not understood to be both?
5. The rest of the series will explore practical ways we can emulate the life of Jesus and live under his kind yoke. But after hearing this message, is there already a change you know you need to make? What can we do to help?