



MESSAGE GROUPS - SPRING BREAK - WEEK 2 - APRIL 7

LEADERSHIP THOUGHT:

Peace is not the ABSENCE of conflict, but the PRESENCE of Jesus. Life is heavy—whether it's because of work or the stress of everyday life, we feel its weight tearing us down. But God tells us to take up His yoke, lean on Him, and have rest in His presence.

ICEBREAKER:

What's your favorite way to rest and re-charge?

DISCUSSION QUESTIONS

Read aloud **Philippians 4:5-7**

- **Q:** *How does Jesus tell us to give our anxieties to God?*
- **Q:** *Jesus is saying IF the Lord is near, THEN we should not be anxious. Through drawing near to God and giving Him our anxieties, we can have rest. When you're stressed or anxious, is your first response to ask God to take it from you? If not, why?*

Read **Matthew 11:28-30** aloud. Focus on verse 28. In this verse, "rest" means God gives rest through salvation – something only He can give. Sometimes we view our salvation as the end of our faith journey, but God sees it as the beginning of our walk with Him. To continue the celebration of our salvation, we need to share our testimony and remember how He has rescued us individually.

- **Q:** *When was the last time you shared your story with someone? When was the last time you shared it with God?*

Now focus on verse 29. "Rest" in this verse means we find rest when we surrender to Him. Surrendering to God's will is picking up His yoke to walk in obedience beside Him as He carries our load.

- **Q:** *How does the imagery of His yoke help you understand God's grace and love for you? Does this help you give up control to trust His will more than your plan?*

CLOSE

We seek rest in people, hobbies, and TV, but God tells us exactly how to rest and have peace. To fully surrender ourselves and find God's peace, we need to spend time with Him and truly rest in His presence.

Leaders: *Give your group time to write out their past GUILT, present STRESS, and future ANXIETIES. Encourage them to surrender these to God as their stress grows more present throughout the week.*

Remind your group of Easter service times and encourage them to invite someone new or re-invite someone God has placed on their heart.

