



Key References:

Matthew 11:28–30 (ESV)

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.”

Galatians 6:9–10 (ESV)

⁹ And let us not grow weary of doing good, for in due season we will reap, if we do not give up. ¹⁰ So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.

Hebrews 12:1–2 (ESV)

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Ephesians 2:4–9 (ESV)

⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast.

Discussion Questions:

1 – Weariness

When did you most recently feel weary or tired? What was it from?

Read Galatians 6:9. **Have you ever felt weary from “doing good”?** What does this even mean?

2 – Training

Has anyone here ever trained for a marathon or another serious sport? What was the intensity of the training like?

Why does Hebrews 12:1-3 compare the Christian life to running an endurance race? If this is true. **How we train for life with intensity like a marathon runner?**

3 – Born again & connected with Jesus

Read Matthew 11:28-30. **How do you interpret what Jesus is saying here? As you deepen your relationship with Jesus do you feel your burdens becoming less?**

Mike on Sunday shared that going for walks in nature helps his connection with Jesus. **What do you do to deepen yours?**

Read Ephesians 2:1-9. **How does being born again defeat stress? In tough situations, how do you hold on to these truths?**

4 – First vs secondhand revelation

What is the difference between first-hand vs second-hand revelation?

We often are encouraged by quotes, books or messages from Christian celebrities or leaders. **How quickly do those encouragements fade compared to when God speaks to you directly?**

5 – Hope

There’s lots of things today that compete for our attention. **This week how can we quieten those things so that we might hear God more?**

Sometimes there can be a pattern of weariness in our lives. **How can you spiritually or physically combat that to break the cycle?**