



WEEK 1 THE JESUS LIFE

“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. For my yoke is easy and my burden is light.” Matthew 11:28-30

TEN SIGNS THAT YOU ARE WEARY & BURDENED*

- | | |
|---|--|
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Out-of-order priorities |
| <input type="checkbox"/> Hypersensitivity | <input type="checkbox"/> Lack of care for your body |
| <input type="checkbox"/> Restlessness | <input type="checkbox"/> Escapist behaviors |
| <input type="checkbox"/> Workaholism/nonstop activity | <input type="checkbox"/> Slippage of spiritual practices |
| <input type="checkbox"/> Emotional numbness | <input type="checkbox"/> Isolation from God & others |

**Adapted from The Ruthless Elimination of Hurry by John Mark Comer*

Big Idea

If I want to experience _____ of Jesus,

I need to adopt _____ of Jesus.

WHICH MEANS...

1. Making space for _____.

...the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed. Luke 5:15-16

2. Making space for _____.

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” So they went away by themselves in a boat to a solitary place. Mark 6:31-32

“As the Father has loved me, so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you.” John 15:9-12

Key Principle

There is a huge difference between _____ and _____.

- Spiritual practices are _____.
- Spiritual practices are _____.
- Spiritual practices are _____.

How will I respond to Jesus’ invitation?

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28-30 The Message

ADDITIONAL RESOURCES FOR TODAY’S MESSAGE:

The Life You’ve Always Wanted by John Ortberg.

DISCUSSION QUESTIONS

1. Read Matthew 11:28-30 and look back over the “Ten Signs That You Are Weary and Burdened”. Which of these are you feeling most acutely right now?
2. What about the spiritual practices of Jesus do you find most compelling? Which of the practices has been most difficult for you to implement in your life?
3. Read John 15:9-12. In three verses, the word “love” is used seven times - that should get our attention! How are you living out the command to “love as Jesus loved”? Who are you finding the most difficult to love right now?
4. Read Mark 6:31-32. How are you following (or not) Jesus and the disciples’ example in these verses of both serving and being with people and also drawing apart for rest and time with God?
5. As we head into this series, specifically how will you make space for your relationship with Jesus and your relationships with others?



How could your life change if you deliberately lived with the habits of Jesus? He had a rhythm of spiritual practices that invigorated him. Each week in this Lent series we'll explore some of those habits, and their application for life today. In our hurried world, we need to relearn the calming, centering, strengthening spiritual rhythm of Christ's life.

FEB 22/23

INTRODUCTION: THE JESUS LIFE

FEB 29/MAR 1

The practice of MEDITATION and MEMORIZATION

MAR 7/8

The practice of FASTING and FEASTING

MAR 14/15

The practice of SOLITUDE and SLOWING

MAR 21/22

The practice of COMMUNITY and CORPORATE WORSHIP

MAR 28/29

The practice of SERVICE AND SUBMISSION

APRIL 4/5

The practice of PRAYER and PETITION (Palm Sunday)