



### **Bend Don't Break**

Feeling overwhelmed? Feel like life is running you rather than you running your life? Jesus gives us an invitation to give us our lives back.

### **Discussion Questions**

- What's one activity or hobby that helps you de-stress?
- If you could take a holiday anywhere in the world to rest and recharge, where would it be and why?
- Have you ever had to carry a non-physical (i.e., relational, emotional, financial, etc.) burden for an extended season? How did carrying that burden affect you?
- In the message, Chris described several feelings common to the human experience - feeling overwhelmed, overcommitted, overexposed. Which of those feels most familiar to you in this season and why?
- Read Matthew 11:28-30. What appeals to you most about Jesus's offer? Does anything about it make you apprehensive?
- What burden that you're currently carrying weighs you down most right now? What would it look like to "take on Jesus's yoke" in that area of life?
- As Chris explained, taking on a yoke does not involve removing a load, but rather sharing it with another (in this case, Jesus). How can you start to do that with a burden that weighs you down?

### **Changing Your Mind**

*"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**