

# GATHER

Week 1/Winter – The Way of Jesus

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 in heart,  
And you will find rest for your souls.  
For my yoke is easy and my burden is light. Matthew 11:28-30

1. Jesus describes life in Him to be \_\_\_\_\_.

Psalm 23

2. Jesus describes life in Him to be \_\_\_\_\_.

3. Jesus describes life in Him to be \_\_\_\_\_.

He opened the rock and water flowed out; It ran in the dry places like a river. Psalm 105:41

If anyone is thirsty, let him come to me and drink. He who believes in me, as the scripture said, from his innermost being will flow rivers of living water. John 7:37-39

4. Jesus describes life in Him to be \_\_\_\_\_.

For I satisfy the weary ones and refresh those who languish.  
Jeremiah 31:25

For He satisfies the hungry soul, and thirsty and he has filled it with what is good. Psalm 107:9

He satisfied them with the bread of heaven. Psalm 105.40

5. \_\_\_\_\_ is the great enemy of our spiritual life.

Being delivered from hurry is not simply pleasure but the ability to do calmly and effectively – with strength and joy – that which really matters. Jon Mark Comer

## Small Group Questions

1. Jesus describes those that are thirsty, and dry. Describe to the group what your thirst level is right now, during this pandemic, post-election, post-holiday season, and unusual time.

Pick a number between 1-10, for the sake of letting everyone share.

1 doing great.....5 medium.....10 parched, thirsty

2. Read Matthew 11:28-30 again.

What is your initial response to Matthew 11:28-30? Do you experience a life with Jesus that offers “rest” and a “yoke that is easy”? If so, what helps you internalize this way of life? If not, why?

3. Read, which verse is a promise to you?

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4. What keeps you from being satisfied in the Lord? How much does HURRY or lack of time rob you of the best things of Jesus?

## Quiet at HOME

1. Sit in quiet with God, just listening for 5 minutes before you look at your phone.
2. Read Matthew 11:28-30, asking Jesus for this life. Try settling down and receiving and experiencing Jesus and the truth that He offers.

3. Read Psalm 23, and even better listen to it on audio through the Bible app. Listen to the words over and over, meditating on the picture God is describing.
4. On a scale of 1-10 how hurried are you in your life? What can you eliminate this week to create space for Jesus? And when?

Think through your week, making space for Jesus.

5. Read Jeremiah 31:25, claiming God's promise to refresh, asking God to refresh.