Week 3:
Victory Over Heavy Burdens

Victorious

Questions

1. What illustration, story, or scripture had the greatest impact on you this week?
2. Read Matthew 11:28-30. Jesus doesn't always remove our burdens, but He transforms the weight of them when we walk *with* Him rather than apart from Him. Think about a time you finally let go—maybe after carrying anxiety, guilt, or pressure and you surrendered it in prayer. How did prayer change your outlook?
3. Read 2 Peter 2:19b. Whatever we allow to dominate our thoughts, actions, or desires—whether it's fear, anxiety, addiction, pride, can end up mastering us. When we try to control everything, we can become enslaved by the fear of losing it. Is there something in your life right now—maybe your work, your finances, a relationship, or something else that feels like it's slipping out of your hands despite your best efforts to hold on? What are you trying to control out of fear and how can you begin trusting God with it?
4. Read Matthew 11:29b. When has there been a time you knew what Jesus was asking— to forgive someone, to trust Him with your future, or to slow down and rest—but you pushed back, thinking your way was better or safer? How did that turn out? Where in your life is Jesus asking you to take action in trusting Him now?
5. Share a time when you have felt God's peace. How does feeling the inner peace and rest of Jesus change your outlook and perspective on your burdens? Where do you sense God's peace the most in your daily life? How can you build more of His peace in your life?
6. What is one practical step you can put into practice this week?

Scripture References

Read: Matthew 11:28–30, 2 Peter 2:19b, Nehemiah 5:1, 6, Galatians 5:1a

Takeaways

- What is the heavy burden in your life?
- If it were possible to have that burden lifted today, would you want to know how?
- God doesn't want you living in slavery.
- What have you been yoked to?
- I will either be harnessed to heavy burdens or harnessed to Jesus and his inner-rest.
- Be saved.
- Be baptized.
- Bring your burden & trade it for Christ's.
- Jesus' words to the weary:
    - "Come to me" (salvation).
    - "Take my yoke" (mastered by Him).
    - "Let me teach you" (learner).

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