



KEEP TALKING

The weekend doesn't have to end. Keep Talking with this week's guide.

Red Letters | Rest For Your Soul

Dani Johnston

START TALKING - Find conversations starters for the group or with a friend.

We all have pet hates, things that are minor but really annoy us. What is one of your pet hates and why does it annoy you? (Keep it light/funny).

KEEP READING - Read the Scripture and ask a question to get the group thinking.

Matthew 23:1-5; Romans 6:23

Dani spoke about how the bible presents to us that we are yoked to something, either the power of death, to the law or to Jesus (the easy yoke).

- What does it mean to be yoked to Jesus?
- How is this reality different to being yoked to sin or to the law?

Dani shared how in life we face many burdens and as christians we aren't immune to these.

- What are some of the burdens you struggle with?
- How do these impact your life?
- How does being yoked to Jesus speak into these burdens?

KEEP TALKING - Choose questions to create openness.

Dani unpacked two elements of the yoke of Jesus:

1. A Free Yoke (Romans 6:23)
2. A Yoke of Love (Psalm 119:2-3)

- The image of a yoke is of a stronger Ox guided a weaker Ox. What does this mean for us as those Yoked to Jesus?
- What stood out to you when Dani unpacked the Yoke of Jesus
- How can we find rest for our soul in a busy and burdened life?
- How would our lives change as a result of this?

KEEP MOVING/GOING -Commit to a step and live it out this week.

- Identify ways that you can practice God's rest this week. How can you be more aware of resting in Jesus this week?

KEEP PRAYING

- Spend time praying together around the burdens that you discussed. There could be potential to pray into particular situations in your connect group or it may be more suitable to pray more generally together.

You could use Psalm 62 as a passage to meditate on in your prayer time:

Psalm 62

For the director of music. For Jeduthun. A psalm of David.

1 Truly my soul finds rest in God;
my salvation comes from him.

2 Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

3 How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?

4 Surely they intend to topple me
from my lofty place;
they take delight in lies.

With their mouths they bless,
but in their hearts they curse.[b]

5 Yes, my soul, find rest in God;
my hope comes from him.

6 Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

7 My salvation and my honor depend on God[c];
he is my mighty rock, my refuge.

8 Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

9 Surely the lowborn are but a breath,
the highborn are but a lie.

If weighed on a balance, they are nothing;
together they are only a breath.

10 Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.

11 One thing God has spoken,
two things I have heard:

12 "Power belongs to you, God,
and with you, Lord, is unfailing love";
and, "You reward everyone
according to what they have done."