

**LOOK BACK**

**Get to know you.**

Share light refreshments. Go around the group and introduce yourselves and talk through this question: *Where is one of the most restful places you have ever been?* \*

**Follow up.**

Did you get to share with someone about Jesus or what He has done in your life?  
How else did you obey God this last week?

**Vision.** Jesus said, "Go make disciples of all the nations." The purpose of our Life Group is: To help people become Believers in Jesus who become Disciples of Jesus who become Disciple Makers.

**LOOK UP**

Today as we look into the historical account of Jesus' life, we will see Him healing and forgiving a paralyzed man. Before we read it, let's pray that God to speak to each of us.

**Pray.**

**Read.** We will read through passage three times and then discuss it, so listen carefully.  
Get three people to read **Matthew 11:28-30.** \*\*

**Discuss** these questions, one at a time, encouraging everyone who wants to respond to do so.  
Remind the group: Keep your answers based just on this passage.

1. What stands out or surprises you in this passage?
2. What does it show us about people and choices we can make?  
What are some choices we make that cause us to be weary and burdened?
3. What does this passage show us about God?  
How does Jesus want us to relate to Him?  
What do you think are some choices Jesus wants us to make?
4. How does this make you feel? Why?

**LOOK FORWARD**

As disciples of Jesus, we want to follow Jesus in whatever way He is leading us today. We're going to pray silently for one minute. Pray something like this:

*"Lord Jesus, what do you want me to do with what You are showing me?" [1 min. silent prayer]*

**Share.** Would anyone like to share your answer to these questions:

1. How will you obey what God is saying to you through this passage?
2. Who does God want you to tell what Jesus has done in your life?

**Closing Prayer**

Pray something like: "Lord, prepare the hearts of the people we will be sharing the Good News of Jesus with this week. And give us strength and joy as we follow You. In Jesus' name, Amen."

\* Use a different "icebreaker" if you prefer.

\*\* Reading from different translations often helps.