GROUP DISCUSSION

November 15, 2020

DOUBLE YELLOW LINE Prepare to Stop Matthew 11:28-30

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NOTES	GROUP DISCUSSION 1. Open with prayer. (2-5 min) 2. Share your story What's the most refreshing thing you've ever done for yourself? (7-10 min) 3. Discuss these questions with your group. (20-45 min) 4. Read Matthew 11:28-30
	Come to me, all who labor and are heavy laden, and I will give you rest. (Matthew 11:28)
	When it comes to self-care, what would the heavy burdens of the four boundary busters look like in your life? 1. Compliant; 2. Avoidant; 3. Controlling; 4. Non-Responsive
	Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. (vs. 29)
	What is the difference between self-care and self-indulgence?
	For my yoke is easy, and my burden is light. (vs. 30)
	What are some things that Jesus can do that you can't?
	Why is it crucial, when it comes to self-care, to take on Jesus' yoke (and not the yokes that the world says you should put around your neck?)
	PLAN OF ACTION Pick one of the practical steps-to-take from Pastor Chris's sermon, and put one of them into action this week.
	1. Pay attention to what's going on; what are emotions that you're

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?

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experiencing telling you needs attention? 2. Ask for help that you legitimately need.

- 3. What is life-sucking for you that you can eliminate?
- 4. What is life-giving for you that you can add or enhance?