



The Keys: Spacebar (Plus, a talk about Random Acts of Kindness)

Sunday, April 3, 2016

Lesson:

We're studying in a series entitled "The Keys." We're looking at keys on a keyboard, which can be keys to us in our Christian walk. The goal is for us to find reminders in things we use every day of our journey.

ICEBREAKER:

Talk about a time when you were so tired, so weary, or so burdened, you just didn't feel like you could go on.

QUESTIONS FOR DISCUSSION:

1. Define rest. What does rest look like for you these days?
2. Read Matthew 11:28-30.
 - a. Who does Jesus call to Himself?
 - b. What does it mean to be weary?
 - c. What does it mean to be burdened?
3. Jesus tells the weary and burdened to take his yoke.
 - a. Doesn't that sound like more work, more burden?

- b. Why wouldn't it be?
 - c. What is he really asking of them when he tells them to take his yoke?
4. How does Jesus describe himself in 11:29? Why do you think he describes himself that way?
5. Why doesn't Jesus completely remove the yoke?
6. How can you find more time to rest, and find relief from your weariness and burdens this week?

RANDOM ACTS OF KINDNESS

1. Discuss - what sorts of things can you do this week to achieve "random acts of kindness" for the Tampa community?
2. Has anyone ever done something like this for you? How did it feel? Did it make you want to pay it forward?
3. How do Random Acts of Kindness build up the Church and God's Kingdom?