

# He Gets Us.®

Week 2:

## GROUP DISCUSSION GUIDE

### Starters *(Choose One)*

- Describe a time when you were exhausted (in any way).
- ☛ Describe a time when you carried a heavy burden (of any kind).

### Message Reflection

- What stood out to you from the teaching this past weekend?
- ☛ What questions did the message prompt in you?

### Scripture Discussion (Matthew 11:28-30)

- What do you think this passage reveals about Jesus?
- What do you think it means to “learn from” Jesus? (verse 29)
- What do you think are the characteristics of a weary soul?
- What do you think are the characteristics of a rested soul?
- How would you describe Jesus’ yoke and burden? (verse 30)

### Application

- Describe an area of your life where you feel soul-weary.
- Where, if anywhere, are you afraid to pick up a burden because the emotional or spiritual resources might not be available to you?
- How would your environments (school, team, club, work, etc.) change if people understood this message and lived it out?
- Who do you know that might be interested in next week’s topic (Anxiety)?

## **Ideas for Group Facilitators**

If applicable, discuss how your group can bear each other's burdens as an expression of Jesus' love.

Check in with your group members on how the daily devotions are going now that you are two weeks into the HGU experience.