

LifeGroup Study Sheet**May 5th – Replicating the Relaxed Life of Jesus**

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

What words come to your mind when you think of the word “relaxed?” Maybe words like: comfortable, satisfied, rested, content. Pastor Jon uses the word “relaxed” to describe the life and ministry of Jesus. What were your initial thoughts when you heard this?

Digging In

Question 1: Read Psalm 84:9-12, 1 Samuel 5:1-12, Matthew 14:23. Pastor Jon talked about practicing the “presence of God over the pressure of having idols.” How do you see this principle carried out in these passages? How do you identify and destroy idols in your life? What idols do you need to bring into the presence of God?

Question 2: Read Matthew 19:13-14, Luke 8:40-56. Pastor Jon talked about practicing “being present over being preoccupied.” In both passages we see Jesus being focused on who was in front of him rather than being preoccupied with other concerns. How do you orient your life around the rhythms and practices of Christ? What does that look like daily?

Read John 15:1-7.

How does this passage help you focus on opportunities God will give you this week instead of interruptions? How does this passage help you not fall into the trap of being hurried, worried and preoccupied?

Question 3: Read Luke 22:41-44, Proverbs 3:4-5. Pastor Jon talked about practicing “having confidence over circumstances.” In this passage we see that being “relaxed” like Jesus doesn't mean a life without pain. Jesus was relaxed not because it was free from pain, but because he pursued God's will for His life. How do you hold onto control over outcomes in your life? How is God asking you to release outcomes to Him? Do you base the faithfulness of God off your circumstances?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?