

# Stories of the New Testament

## Rest for the Soul

**GOAL-** Lifegroups are an environment to grow closer to Jesus and each other. We work toward this by focusing on the stories of the Bible, discussing them and applying them to our lives. How do these teachings apply today?

**REMINDER-** Enjoy time visiting with each other, eating etc. After time simply connecting, and hanging out, please intentionally follow these steps created to promote and strengthen our relationship with Jesus.

**Step 1- Welcome-** Celebrate successes, breakthroughs, service projects, decisions for Christ etc.

**Step 2- Opening Prayer**

**Step 3- Lifegroup Purpose/ Vision Casting-** Each week we want to establish where we are within the story, where is Jesus and where we need to be as a result of this understanding. We are meeting together because we love Jesus, each other and we are creating disciples who will be able to create disciples.

**Step 4- Review the Lifegroup Guidelines** (Back Page)

**Step 5- Reflection/Accountability-** What stuck with you during the last week(s) from our last meeting and the scripture that we covered? How did you apply that scripture to your everyday life?

**Step 6- Preparing Our Heart to Experience a Lifegroup-** Ask everyone to stay personally engaged throughout the story. Ask them to focus on how they relate to it and why. Encourage everyone to share from their hearts, to be transparent and authentic. Every person will share.

**Step 7- Setting the Scene for Jesus Promises Rest for the Soul (Matthew 11:20-30)**

**LEADERS, READ THIS-** In scripture, “to know” someone meant more than head knowledge; it implied an intimate relationship. Do we truly know Jesus? Do our actions and words show that we love Him? When we sin and fall short, which we all do, do we repent and turn to God for forgiveness? “For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There’s no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death”. 2 Corinthians 7:10. God wants us to experience peace in Him, not pain from sin.

***As you listen, immerse yourself in the story and be thinking of the questions you will be answering afterward...***

*Currently, in this season of your life..... Who or What do you personally identify with and why?*

**Step 8- Telling the Story from Memory-** Either yourself or someone else in the group tells the story from memory. You can ask someone ahead of time to be prepared to do this. After they finish telling the story, ask the group if anything was left out in the telling of scripture? Was anything added that didn’t belong?

**Step 9- Rebuild the Story-** Read the story from the Word as a group (**Matthew 11:20-30**).

**Step 10- Debrief the Story-** Everyone participates and answers the question; Currently, in this season of your life, **Who or What do you identify with and why? How can YOU respond in the next week(s)?**

## **LEADERS, READ THIS-**

*Are you Jesus? Are you sharing the gospel with those that refuse to repent and believe, trying to explain the peace that Jesus brings?*

*Are you Ignoring Jesus? There are churches on every corner, Bibles everywhere, information available at our fingertips. Have you turned a blind eye and refused to accept Jesus, even though you are surrounded by Him?*

*Are you the Wise and Clever? Are you wise in your own eyes, arrogant or prideful in your knowledge? Do you have a lot of information about Jesus but your words and actions don't reflect Him?*

*Are you Childlike? Do you seek the truth with childlike faith? Are you humbly open to receive the truth of God's Word?*

*Are you Weary and Heavy Laden? Do you need to hand your burden over to Jesus and receive rest?*

*Are you Sharing a Yoke with Jesus? Are you being taught and finding rest in Jesus?*

## **Further Study- What is the Point? How do we need to Respond?**

**1. Repentance-** 2 Corinthians 7:10, Matthew 4:17, Acts 2:38, Acts 26:20

**2. Turn it over to God-** Philippians 4:6-7, Psalm 55:22, 1 Peter 5:7, Lamentations 3:40, Proverbs 3:5-6

## **Step 11- Close in Prayer**

**LIFEGROUPS GUIDELINES-** Please use these guidelines while you meet to ensure a safe growing environment. The leader ensures throughout the group meeting that these guidelines are met. If you have a member that needs more personalized attention, set up an appointment outside of group time.

- **Safe Environment-** This needs to be a place where people feel comfortable opening and sharing with one another. Below are some Lifegroup guidelines that will help to create a safe environment.
- **Confidentiality-** What is said at group, stays at group.
- **Listen-** Let's value one another during the discussions by really listening to what is being shared. Try to avoid thinking about how you will respond or what you are going to say next.
- **Pause-** Allow a pause in conversation after someone shares. Give the person sharing a chance to finish and the group the opportunity to consider what was just shared before responding.
- **Silence-** It is important to allow silence in the group as it provides an opportunity for someone to share and members of the group to process the topic or question being considered.
- **No "Cross Talk"-** Be considerate of others as they are sharing- no side conversations.
- **No Fixing-** We are not here to fix each other. Jesus does that part. Give encouragement, speak truth, point to Jesus. Don't try to solve or fix each other.
- **No Rescuing-** When people are sharing something deeply personal, there can be a tendency to try to make them feel better about themselves or the situation by providing immediate condolences. This will often cause them to stop sharing. Resist the temptation to rescue people. **Point people to Jesus.**
- **Sharing-** Be sensitive about the amount of time that you share, both under sharing and oversharing.
- **Be Self Aware-** Be self-aware of how you are personally affecting the environment through your words, actions and nonverbal communication.
- **"I" Statements-** It is easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use "I" statements rather than "them", "the church", "us", "we", etc.
- **Conflict-** We will commit to resolve conflict biblically. When conflict or sin issues between group members arise, we want to make sure that we are honoring God and each other in the way we deal with these issues. The following are a few key scriptures in this regard (there are many others).