

**Overloaded Series**  
**Message # 1: De-Pressurizing Your Life**  
Core Group Discussion Guide  
July 15, 2018

**Message Overview:**

Have you ever felt that your life was too full? Do you feel your life is overloaded? The average person today faces a myriad of different pressures. For some, I'm sure, it feels like they are in a pressure cooker. Whether it is economic pressure, or family pressure, or pressure related to our jobs – we all know what the stresses of daily life can be like.

In just three verses in Matthew 11, Jesus gives you everything you need to know about reducing the pressures in your life. If you pay close attention this morning and will put into practice Jesus' advice, you can put away all your seminar CDs, all your self-help books, and all your motivational stuff and find the rest you so desperately want. Everything you need to know about reducing the pressures in your life is found in Matthew 11:28-30.

**Text:**

Matthew 11:28-30

**Questions for Discussion:**

• **OPEN IT –**

1. If you had one week of vacation in which to recharge your physical and emotional batteries – where would you go to rest, relax, and get rejuvenated? (Don't take the entire time talking about this. Move on.)
2. What sorts of activities drain the life out of you?
3. Why are many Christians frazzled and burned out?

• **EXPLORE IT –**

1. What kind of people was Jesus addressing? (11:28)
2. What promise did Jesus make to those who would accept His offer? (11:28)
3. What farming imagery did Jesus use to encourage people to come to Him? (11:29)
4. How is walking with Christ described? (11:30)

• **GET IT –**

1. In what ways do you feel weary and burdened right now?
2. What aspects of the Christian life do you find especially taxing or burdensome?
3. What is it like to experience the promised "rest" of Christ?

• **APPLY IT –**

1. Besides praying, what are some ways you can get to know your Father in heaven more intimately this week?
2. What burdens will you entrust to Christ today?