



Overanalyzing = Overwhelmed

There is a prevailing sense of anxiety in the world around us, and for many people anxiety is a daily and personal struggle. Thankfully, the Bible isn't silent about this. This series helps us face the anxieties of life with the truth of the Word of God and the spiritual and practical applications it provides us today.

- What is one thing that stood out to you from this week's message?
- Circle Time: Do you feel like your days are filled with mostly good news or bad news?
 - Where does most of that information come from?
 - What is the overall goal of these sources? Is it to inform you or something else?
- Read Matthew 11:28-30
 - Greek word for *Weary* - *Kopiaao*: fatigue from physical or spiritual exertion.
 - In what ways are spiritual and physical exertion similar?
 - Can you think of a time that you exerted yourself spiritually? Share with the group.
 - Greek word for *Burdened* - *Fortizo*: the weight of a heavy load like animals attached to a yoke.
 - What in this information overload that we talked about earlier is your spiritual or emotional yoke? Meaning: what feels heavy to you?
 - What about this yoke is overwhelming to you?
 - What is Jesus Promise in vs. 30?
 - Does this mean life will always be easy? *It's a comparison of the yoke's we carry. If we carry the world's yoke it is burdensome and heavy. Carrying Jesus' yoke it is easy and light. His promise is that He himself will never be a burden or heavy on you.*
 - How does this promise encourage you today?
- With these things in mind, what are some practical ways you can combat information overload and seek out joy?
- Pastor Dave used a very thought provoking analogy in his teaching. A balloon fill with my air falls to the ground. A balloon filled with helium floats up. The one that fell was full of what I could produce. The other had an outside source.
 - How do you fill yourself with Jesus?