



Connect Group Discussion Guide

Resurrection Weekend *"Feeling Buried? Jesus Can Relate"*

Week of April 17, 2022

Main Idea

We can place out weight on Jesus and live in freedom from the things that we feel "buried" under!

Key Scripture Reference(s)

Read aloud:
John 19:38-42
Proverbs 4:23
2 Corinthians 5:21
1 John 4:10
1 Peter 5:7

Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

Mon: _____

Tue: _____

Wed: _____

Thu: _____

Fri: _____

Sat: _____

Sun: _____

This is a constant element, so you can practically live out your faith everyday.

1. Have you ever felt buried? Not literally, but buried under by life. Here are some startling stats related to signs that we are buried:

- Depression stats: 8.4%
- 11% of people live life feeling guilty
- Anxiety stats: 19.1% (7% children, most develop symptoms before age 21)
- 25% of all men feel like a failure
- 8 out of 10 people suffer from imposter syndrome (doubt their abilities and feel like a fraud)
- General Social Survey's latest poll results says the United States is the unhappiest we have been in 50 years.

What are these stats saying to you?

2. Many of the things that can make you feel that way are the regular routines of life: family obligations, work schedule, home expectations, physical ailments, the pandemic, and more. We can feel this way because of the gulph between expectations and reality. But what we have to consider of the condition of our hearts. How can what is in our hearts impact our expectations?
3. Jesus can relate to how you feel! Read the 2 Cor. verse. How does this comfort you?
4. Jesus knows what your sin and brokenness feels like, and He knows what it is doing to you now! Read the 1 John verse. Discuss what this verse is saying.
5. We can place out weight on Jesus and live in freedom from the things that we feel "buried" under! In what ways do people place their "weight" on Jesus?