

### BURNING QUESTIONS WK1

Matthew 11:28-30; Mark 12:30-31; Luke 18:1-8; 2 Corinthians 11:28; Ephesians 3:20; Philippians 4:6-9; 1 Timothy 5:23; 1 Peter 5:6-11; 1 Samuel 16:14-23; Psalm 31:9-10, 94:18-19, 104:14-15; Proverbs 1:1-7

Does \_\_\_\_\_ with \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ mean something is \_\_\_\_\_ with my \_\_\_\_\_?

Jesus is \_\_\_\_\_.

\_\_\_\_\_ is not something you \_\_\_\_\_, it's something you \_\_\_\_\_.

\_\_\_\_\_ what you're \_\_\_\_\_.

\_\_\_\_\_ it to \_\_\_\_\_.

Don't \_\_\_\_\_ it to \_\_\_\_\_.

### MY NOTES | OBSERVATIONS | QUESTIONS

GUEST CONNECT



NEXT STEPS



PRAYER REQUEST



DONATE



## Discussion Guide

1. What is one thing from the message that God used to encourage, challenge, or grow you?
2. When life feels overwhelming, what is your natural first response—try to fix it, ignore it, distract yourself, or talk to someone? Why do you think that is your default? Share your story.
3. Many people in our culture today either feel shame for their struggles like anxiety, stress, and depression. Why do think that is? Some look exclusively to drugs as their fix, without considering the hope found in Jesus. Why do you think that is? Is there a balance? Share your thoughts.
4. Read Matthew 11:28-30. What stands out to you about who Jesus is inviting and what He is offering? How does that challenge the way people often think about coming to God in difficult seasons? What do you think it means to “take His yoke” and learn from Him? How is that different from just trying harder to manage what you’re carrying?
5. Read Philippians 4:6-7. What does it look like practically to bring “everything” to God in prayer? What makes it difficult to bring the same worries to Him again and again?
6. Many people quietly carry anxiety, stress, or depression alone. Why do you think it’s so hard to be honest about what we’re really dealing with? What makes a space feel safe enough to open up?
7. If someone shared their struggle with anxiety, depression, and stress (or anything else really) with you this week, how would you respond to them? Why would you respond this way?
8. What might you need to address in your own life this week in response to this topic? What’s your best next step to do that this week? Who in your life might need to know and understand this Truth today? What is your best next step to show up for them this week?
9. Take a few minutes to SOAP through one of the passages referenced in the message today. These are found on the top of the notes page. You may want to include verses before/after the passage listed too. Share your insights with the group.

Scripture:

Observations:

Application:

Prayer:

Prayer Requests: