

Overwhelmed WK2 - Always On

Exodus 20:8-11; Psalm 23:1-6; Mark 2:27-28, 8:34-38; John 10:11-18

We have confused being _____ with being _____.

_____ begins with a _____, not an _____ calendar or _____ to do list.

_____ doesn't offer a life without a _____. HE offers life under HIS _____.

_____ is found by _____ to the right _____.

_____ comes from trusting the Shepherd's _____ and _____.

_____ to JESUS. _____ HIS yoke. _____ from HIM.

MY NOTES | OBSERVATIONS | QUESTIONS

GUEST CONNECT



NEXT STEPS



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PRAYER REQUEST



DONATE



OVERWHELMED WK2: ALWAYS ON — ADULT DISCUSSION GUIDE

1. What is one thing from the message that God used to encourage, challenge, or grow you?
2. Think about and share a season when you felt like you always had to be available (always on) or that everything depended on you. How did that pace affect you and the people around you? Share your story.
3. Our culture often treats busyness as evidence that someone is productive, important, or successful. Why is it easy to confuse being busy with being faithful? When can busyness make it harder to live faithfully?
4. Read Matthew 11:25–30 and 28:18–20. What do these passages reveal about who Jesus is and the authority He possesses? Be specific and draw your answers from the passages. Why does knowing this matter?
5. Read Matthew 11:28–30 again. What does Jesus ask weary and burdened people to do, and what does He promise to give them? How is rest for your soul different from simply having fewer responsibilities?
6. Jesus invites us to take His yoke and learn from Him. What would living under His direction look like in everyday life? How is surrendering to Jesus different from escaping or abandoning our responsibilities?
7. Read Psalm 23:1–6 and John 10:11–18. What do these passages reveal about the Shepherd's presence, care, and direction? How do Jesus' death and resurrection make forgiveness and reconciliation with God possible—and why is that the foundation for true rest?
8. What has been guiding the pace and direction of your life—Jesus or another master such as approval, achievement, control, comparison, or other people's expectations? What is one area you need to bring under the direction of Jesus this week? Share with the group and pray for one another.

OVERWHELMED WK2: ALWAYS ON — YOUTH DISCUSSION GUIDE

1. What is one thing from the message that God used to encourage, challenge, or grow you?
2. When do you feel the most pressure to always be available or keep doing more—at school, at home, with friends, online, or during activities? How does that pressure affect you?
3. Read Matthew 11:28–30 and 28:18–20. What do these passages teach us about Jesus' character and authority? Pull from the passages. How does this encourage you to trust Him with every area of your life?
4. Jesus uses a yoke as a picture of living under His direction. How might friends, popularity, grades, sports, social media, or other people's expectations influence your choices? How might one of those choices change if you followed Jesus' direction?
5. Read Psalm 23:1–6 and John 10:11–18. What does a good shepherd do for his sheep? How do Jesus' death and resurrection show that we can trust Him to save us, lead us, and care for us?
6. What is one area of your life where you feel guided by something or someone other than Jesus? What is one step you can take this week to bring that area under His guidance? Share together and pray for one another.

Prayer Requests:

SOAP! Take a few minutes to SOAP through the passages referenced in the message. Find them at the top of the notes page. You may want to include verses before or after the passage too.