

RESET: Taking Stock of Our Souls - Sunday May 31, 2020
Hope Community Church – Church Online

Discussion Starter(s): What is the first word that comes into your head when you think of your experience of the Covid-19 Lockdown. Explain what it means to you.

Digging Deeper

Jesus' announcement of the Kingdom of God was a subversive invitation to RESET our lives to a new way of life. We need that new way of life that Jesus offers us.

1. Read Matthew 11:28-30. Which part of these verses do you think is most important for you? Why is this such a great place to start this series?

Changing Our Hearts

Reflect back on the last ten weeks and on what has been significant for you.

2. What do you NOT want to return to from your life before lockdown? What do you want to keep from your life in lockdown?
3. Have you felt trapped or stuck in any way? What could freedom look like for you in this?
4. If God were using Covid-19 as a “wake-up call” in your life, what would he be waking you to?
5. How do you respond to this quote?

“A yoke is a work instrument. Thus when Jesus offers a yoke he offers what we might think tired workers need least. They need a holiday or a vacation, not a yoke. But Jesus knows that the most restful gift he can give the tired is a new way to carry life, a fresh way to bear responsibilities... Realism sees that life is a succession of burdens; we cannot get away from them; thus instead of offering escape, Jesus offers equipment. Jesus means that obedience to his yoke will develop in us a “way” of carrying life that will give more rest than the way we have been living.” (Dale Bruner)

Living it Out

6. What do we mean when we say that our lives need “rocks and rhythms”?
7. What has been your biggest low point during the lockdown? Is it possible that this is a place where God wants to work in your life? If so, how?
8. How is your heart responding to this opportunity we have to make changes in our lives and church? Take some time to pray for each other, asking God to give you an openness to what He wants to do in your life during this series.

Matthew 11:28-30 (The Message)

²⁸⁻³⁰ “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”