

Take YOUR LIFE Back

SERMON DISCUSSION

How to Make Your Life Good Again

Quotable Moments:

- Life will never be good again until Jesus' way of life becomes the unforced rhythm of your life.

Scripture: Matthew 11:28-30

Key Things You Heard:

- "We entered the COVID-19 pandemic of 2020 worn out by the madness of modern life." John Eldredge
- Jesus' invitation to follow Him is an invitation to a life where your soul is at rest.
- Jesus' Yoke is Jesus' path and teaching for how to let go of our burdens and live free, easy, and light.
- Burdens are the daily pressures of life, and the unresolved past, present, and future stories we carry ourselves.
- You will never be able to take your life back until Jesus' way of life becomes the unforced rhythm of your life.
- You can't be yoked to Jesus if you don't surrender to follow Jesus.
- What does it take to learn Jesus' way of life?
 - Be with Jesus.
 - Become like Jesus.
 - Do what Jesus would do if He were you.

Pray: Thank you for loving me, Jesus. I love you, Jesus. Today I choose to take your yoke upon me and learn from you. I choose to surrender everything and everyone to you. Help me to learn to live in your "supernatural graces" so they become the unforced rhythms of my life. In Jesus' name I ask this, Amen.

Moving Forward:

- Identify the part of your day when you will intentionally BE WITH JESUS. Be intentional: Mark it on your calendar, set a reminder.
- Memorize Matthew 11:28-30
- Re-watch and/or share the sermon with a friend. Go to rivertown.cc or the RCC App.

Questions for Group Discussion:

First Minutes: How have the last few years tested you?

- What are the differences between being TIRED and being EMPTY? What solutions are necessary for each one? When was the last time when your soul felt at rest?
- If you were to share honestly and without feeling shame about your answer, what level are you functioning at? 100%, 70%, 50%, 20%
- Read Matthew 11:28-30. With what tone of voice would you imagine Jesus speaking this? How might this differ from how you have seen Jesus' instruction in the past?
- Read Matthew 11:28-30 in the Message paraphrase. Pause and reflect: What do you hear Jesus saying to you?
- Do you see the progression of these steps?
 - 1) Be with Jesus.
 - 2) Become like Jesus.
 - 3) Do what Jesus would do if he were you.Which of these will you focus on this week?