Untangle Fall wk 5 10/9/16

Getting to Know You

1.) Have you ever watched someone who recognized “the knots” in his or her life and then proceeded to untangle them in a healthy way? Who was it and how did they untangle them? What did you notice about that person’s life afterwards?

2.) What would your life look like if you were to acknowledge the knots but do nothing to work through them? In contrast, what would your life look like if you were to acknowledge the knots and then deal with them?

3.) Think back over your life about some of the past knots which you--or Christ--untangled. Choose one that stands out to you and share with your group the effect it had on your life.

Into the Bible

4.) Read Matthew 11:28-30. To what was Jesus calling us in this passage? If we follow, what does this passage say is required of us? What is the end result, and how does that work?

5.) How do we take the yoke of Christ upon us? What does that mean? Why does God care if your soul is at rest?

6.) Scott talked on Sunday about Joseph, who had a lot of reasons to be a knot-filled mess but was not. What do you notice about Joseph's life and his grieving that allowed him to handle all of the crazy things he went through in a surprisingly healthy manner? (See Genesis 45:1-8 and 50:19-21.)

Application

7.) How do you know what your knots are? Do you address them in a healthy or an unhealthy way? Share with your group how you address them.

8.) What does your life look like when your soul is at rest? Is your soul at rest now? If not, what are some steps you can take to help move you to rest?

9.) How has grieving helped you untangle the knots of your own soul?

10.) Describe what you see as the difference between healthy grieving and unhealthy grieving.