

Session 3: **The Solution**

PREP

Big Idea: The way of Jesus is not the promise of an easy life but it is the promise of an easy yoke.

Group Goal: Help your group imagine what kind of an effect an unhurried and reprioritized life might have on your relationships with people, God and your internal self.

Facilitator Goal: Select the four questions that will best help your community accomplish the group goal above. You may use the following questions or come up with your own questions. Watch the clock and give adequate time to discuss these, filling in extra time with additional questions.

LESSON

Watch The Big Church Read's introductory video for this session: [The Solution](#)

Read Matthew 11:28-30. What's surprising about Jesus calling a yoke "easy"?

Lesson Questions

1. "One of the key tasks of our apprenticeship to Jesus is living into both our potential and our limitations." What's your response to this?
2. Of the potential limitations John Mark lists (pp. 65- 68), which most resonate with you?
3. How would thoughts and feelings about life change if you were to accept your biggest limitation?
4. In what ways do you waste time?
5. How deliberately would you say you are living at the moment?

6. Would you say your life is currently organized around the three basic goals that John Mark identifies as being apprenticed to Jesus - to be with him; to become like him; to do what he would do if he were you?
7. What is it about Jesus that gives his life that unhurried feel? How did he manage to be busy but never in a hurry?
8. What would a trellis – a rule of life – look like for you?
9. In what way is life hard, and in what way can bearing the yoke of Jesus be experienced as easy? Is this how you have experienced it?

Conclusion

Ask your group members to **read** the Intermission and Silence and Solitude (chapter 7, p.119) before your next meeting.

Pray

QUESTION SOURCES

The Big Church Read

Lifewords's Book Club - Community Church Huddersfield