



## Part 1: "Overwhelmed"

### Introduction

Feeling overwhelmed? Feel like life is running you rather than you running your life? Jesus gives us an invitation to give us our lives back.

### Discussion Questions

1. Have you ever been backpacking or engaged in a similar activity that involved carrying a heavy load for an extended period of time? What was that experience like? Did you find a way to make the load more bearable?
2. Have you ever had to carry a non-physical (i.e., relational, emotional, financial, etc.) burden for an extended season? How did carrying that burden affect you?
3. In the message, Samer described several feelings common to the human experience right now—feeling overwhelmed, overcommitted, overexposed. Which of those feels most familiar to you in this season and why?
4. Read Matthew 11:28–30. What appeals to you most about Jesus's offer? Does anything about it make you apprehensive?
5. What burden that you're currently carrying weighs you down most right now? What would it look like to "take on Jesus's yoke" in that area of life?
6. As Samer explained in the message, taking on a yoke does not involve removing a load, but rather sharing it with another (in this case, Jesus). How can you start to do that with a burden that's weighing you down?

### Changing Your Mind

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

**Matthew 11:28–30**