

Small Group Guide: Jesus Is... the Point

Opening Question/ Icebreaker:

(For this question, show the following clip from Pastor Dan's sermon, or describe it: <https://youtube.com/clip/UgkxelstTCdFqsn1icAPUIHdk-22u1ikM5gn?si=v5ZmGPUzAqDrOxMV>)

Awareness Test Reflection: Have you ever had a “moonwalking gorilla” moment in life where you were so focused on something that you missed something else that was obvious? What was it, and how did you react when you finally noticed it?

Opening Prayer:

“Heavenly Father, thank You for bringing us together today. As we discuss Pastor Dan’s message and Your Word, open our hearts and minds to hear Your truth. Help us to align our lives with Your purposes and to find rest in Jesus. We ask that you guide our conversations, and draw us closer to You. In Jesus’ name, we pray. Amen.”

Key Takeaways:

1. We often crowd out the margins in our lives with good intentions, leading to weariness and burden.
2. Jesus invites us to find rest in Him.
3. Jesus is the focal point of our lives, and orienting everything around Him helps life work better.
4. Rest is a rhythm God desires for us, including physical rest and spiritual realignment (Sabbath).

Discussion Questions:

1. The pastor used the “awareness test” video to illustrate how we can miss important things when we're focused on the wrong details. How does this relate to our spiritual lives?
2. **Reflect on Matthew 11:28-29:** How do you personally relate to Jesus’ invitation to find rest in Him? Can you identify specific areas in your life where you feel weary and burdened?
3. **Look at Genesis 1:27:** Discuss how being made in the image of God puts a drive in us to be creative and productive. How can we ensure that our drive to produce aligns with God's purposes rather than leading to burnout?
4. **Read Matthew 11:30:** Explain the significance of Jesus’ metaphor and what taking Jesus' yoke upon you might look like in your daily life? How could this change the way you handle life's burdens and challenges?
5. The pastor mentioned that rest is connected directly to Jesus, not just a place or activity. How does this change your perspective on finding rest?
6. **Look at Genesis 2:2:** In what ways do you observe the Sabbath or find rest in your current routine? How might you better incorporate a regular rhythm of rest that aligns with God's design for your life?
7. Reflecting on Pastor Dan’s analogy of the defragmented computer, what steps can you take this week to realign your priorities and ensure Jesus is the focal point of your life?

Practical Applications:

1. Create a “stop doing” list: Identify activities or commitments that aren’t contributing to your spiritual growth or alignment with Christ.
2. Evaluate your sleep habits: Commit to prioritizing adequate sleep this week as a form of honoring God’s design for rest.
3. Schedule a personal Sabbath: Set aside a specific time (it doesn’t have to be a full day) for intentional rest and realignment with God. Write a plan of what you’ll do during this time to allow your soul to be refreshed.
4. Yoke check: Throughout the week, pause periodically to ask yourself, “Whose yoke am I carrying right now - mine or Jesus’?” Use this as a prompt to realign your life with Christ.
5. Calendar audit: Review your schedule for the coming month. Identify places where you can add margin or spiritual formation activities. Make intentional changes as needed.

Closing Prayer:

Close your meeting by praying for one another to find true rest in Jesus and for God’s wisdom to help us realign our priorities according to His will.