

October 9th, A Growing Tension
Part 4 in the series 'Human'

What were some things from Sunday's message that resonated with you?

Was there anything you wrestled with?

"The pain of discipline is measured in ounces; the pain of regret is measured in tons." What are some examples of areas where this might be true?

Read Matthew 11:28-30

28 "Come to me, all you who are weary and burdened, and I will give you rest. **29** 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. **30** For my yoke is easy and my burden is light."

What is a physical yoke?

What is the yoke of Jesus? Why does he say it is light and easy?

Why does Jesus give us a yoke, instead of giving us a burden-free life?

What is the tension that is created by the yoke of Jesus?

Read 2 Peter 2:19

19 They promise them freedom, while they themselves are slaves of depravity—for "people are slaves to whatever has mastered them."

How is it that a burden-free life leads to restriction and bondage?

How can a life of discipline or tension lead to ultimate freedom?

God desires to free us from our fleshly nature and transform us into sons and daughters. What sort of tension might we feel in that process?

We will inevitably experience guilt and shame in life. Do those feelings have any purpose? How can we properly respond to those feelings?

How does Jesus address the shame and guilt that we feel?

Read Romans 8:31-39

31 What, then, shall we say in response to these things? If God is for us, who can be against us? **32** He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? **33** Who will bring any charge against those whom God

has chosen? It is God who justifies. **34** Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. **35** Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? **36** As it is written:

“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”

37 No, in all these things we are more than conquerors through him who loved us. **38** For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, **39** neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.