

Questions, Lies and Truth
Jesus is the Answer

When you are in your feels, what is the first thing/person you turn to?

What is the answer to all the things we feel?

Why do we look to Jesus in our emotions?

What is the problem we have in our emotions?

What does Jesus offer?

What is it about emotions that makes you feel most uncomfortable?

*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."*

(Matthew 11:28-30)

What activities help you find rest?

What lies do we believe about God's love towards us?

- 1.
- 2.

What are the three promises we are offered in scripture?

1.
Scripture:
2.
Scripture:
3.
Scripture:

*“One need not cry out very loudly; He is nearer to us than we think.”
(Brother Lawrence)*

What does it mean to abide?

“‘Abide in me’ is no law of Moses, demanding from the sinful what they cannot perform. These words are a command of love.” (Andrew Murray)

What does it take to abide in Jesus?

- 1.
- 2.
- 3.

What does it look like to abide in Christ all day, everyday?

What are some practical steps we can take towards abiding in Christ?

*“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.”
(1 Thessalonians 5:23-24)*