

QUESTIONS, LIES & TRUTH

Jesus is the Answer

Before you start this lesson take some time to either journal or pray, asking that the Lord would replace a heart of fear/anger/shame/sadness/anxiety with a heart of faith and of peace. We cannot change our own hearts or force ourselves to trust, but we can ask that the Holy Spirit would align our hearts with His and make us into people who believe that He is who He says He is, and that He will do what He says He will!

Read Matthew 11:28-30

1. How do you feel when you read this scripture? Does it make you feel hopeful? Disbelieving? Frustrated? At peace? Why does it bring up that feeling?
2. What is the difference between turning to Jesus with your emotions and turning to others with your emotions?
3. How do you think your life/circumstances/emotions would be different if you did what Matthew 11:28-30 tells us to do?
4. What holds you back from taking all of your feelings to the Lord? What lies are you believing about how He will respond?

In the podcast Kyle said “We have a problem. The problem is not shame, anger, arrogance, anxiety, fear or despair...The problem we have is refusing to struggle through emotions with God and letting Him get close. Our problem is that we don’t trust God enough.”

1. Do you believe that trusting God is a struggle for you? Why or why not?
2. If you could hear Jesus right now, what do you think He would say to your fear, anxiety, stress, anger, sadness, shame and guilt? Really take some time to think through this, then later share what you wrote with your cell group leader or discipler.

Read John 15:3-6

1. What does it mean to abide?
2. What are the things that you are abiding in right now?
examples: if I’m not abiding in Jesus, I might be abiding in my fears or I might be abiding in idols that make me feel secure like friend’s opinions of me or I might be abiding my works – in trying to be perfect in all the things I do.
3. What do you think the result of abiding is?
4. What are some practical ways you can practice abiding in Christ this week?