



Easy and Light| Ronnie Johnson | 7.26.20
Weekly Study

START

To get things started, go around the circle and answer the following question:

Are you an early bird or night owl? Has that changed at all during this pandemic?

SHARE

Welcome to Week Two of Follow Me. In this series, we are looking at the invitation to be a disciple (a student) of Jesus. As Christians, we are called to follow in the footsteps of Jesus. In fact, the word disciple is used 268 times in the New Testament. This week, Ronnie kept the series going by talking about Jesus' invitation to find rest in following Him. We could all use that right now, but before we jump into what that looks like, take some time to check in with your Group by having everyone answer these questions:

Describe how you are currently feeling using one word. Why did you pick that word?

What was the most challenging part of your week?

What was the most encouraging part of your week?

What do you feel like God is currently teaching you?

GROW

Read Matthew 11:25-30

What verse stood out to you the most in this passage? Why?

What do you think Jesus meant by “rest for your soul”?

In the passage you just read, Jesus gives us an invitation to follow him. But He uses some interesting language. In verse 29, He says, “Take my yoke upon you.” That language may be a little difficult for us to understand today, but it would’ve made total sense to his original audience.

A yoke is a tool used by farmers to bridle oxen together. It was commonly understood that if two oxen were yoked together correctly, they could pull more than they could on their own. In this passage, Jesus is inviting us to join up with him, because when we do, He can do all the heavy lifting.

The truth is, we all have burdens we carry around, but Jesus is offering to take them for us. This week Ronnie reminded us of some of the burdens we were never meant to carry:

- Shame
- Guilt
- Anxiety
- The burden to provide
- The burden to be perfect
- The burden to always have the right answers
- The burden to perform
- The burden to belong

Jesus is more than enough for us. He can carry these burdens for us. Our souls are busy and burdened with so many things. But when we surrender to Jesus, we can find some true rest for our souls.

Do you relate with any of these burdens? Have you experienced any of them this week? Which ones?

Do you feel at peace right now? Would you say your soul is at rest?

MOVE

Read John 6:25-33

What stood out to you in this passage?

In the passage you just read, Jesus's disciples ask him, "What must we do to do the works God requires?" (John 6:28). That's a great and honest question; they genuinely want to be doing his will. I love how Jesus answers, "The work of God is this: to believe in the one he has sent." (John 6:29).

Believe. That's it.

Believe means to trust. And as Ronnie talked about this week, trust is the ability to rest in the integrity of the other person. Typically, when two oxen are yoked together, they are both doing the same amount of work. They are both pulling their own weight. But when we are yoked with Jesus, our only job is to believe and let Jesus do the rest!

That's really good news!

Scripture uses several different names to refer to God. Some of them may be new to you, but it can be powerful to practice calling God by all these different names during different times of your life. Read the list together and pay attention to which name sticks out to you:

- Jehovah Shalom (The Lord Is Peace) (if you are full of anxiety)
- Jehovah Rapha (The Lord That Heals) (if you are fighting sickness)
- El Rai (God Sees Me) (if you are abandoned/alone)
- Jehovah Jireh (The Lord Will Provide) (if you are worried about money)
- El Emunah (The Faithful God) (if you are worried about future/jobs/what's next)
- Elohei Mikkarov (God who is near) (if you are worried of feeling alone)
- Immanuel (God with us)
- Jehovah Shammah (The Lord Is There) (if you are worried you are too broken)

What do these names teach you about God?

Which of these names relates most with your soul? Why?

Take-Home Assignment: Pick A Name

Pick the name of God that stuck out to you the most and apply it to your life this week.

Every time you pray, use this name for God.

P R A Y

We need prayer now more than ever. Spend some time sharing prayer requests. If you are in a coed group, consider breaking off into two separate calls to share more freely.

T O G O

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28