



January 31st Discussion Guide

Colossians 3:1-17 - Overloaded

This is a 7 week study on Colossians 3:1-17 and a social media poll about what people wanted to say goodbye to from the past year and say hello to in the New Year. Content for this discussion guide is based on the sermon so participation in weekly worship will enhance the conversation on this topic. If you want to watch the sermon it can be viewed at [Sermons Archive - Good Shepherd Church Naperville](#).

Prayer

Open your group in prayer. **Pray about who you would become if God changed one thing in your heart each week of this series.**

Icebreaker (10 min)

1. Share the verse you used this week to say goodbye to fear and hello to faith.
2. What was the best vacation you ever took?

Discussion (50 min)

1. This week we will discuss saying Goodbye to Overloaded and Hello to Refreshed. In 5 words or less, go around the group and have everyone share an area where they are most overloaded. Be specific with the answer. Ex. work: my new project, kids: their schedules.
2. Read Matthew 11:28-30. What does Jesus tell us to do and what promises does He give if we do those things?
3. Discuss the 4 steps from the verse above:
 - a. Step 1 - Come to Me: Read Psalm 55:22, 1 Peter 5:7. Why should we come to Jesus? What holds you back from bringing your load to Him?
 - b. Step 2 - Take My yoke: Have a group member Google YOKE. What did Jesus mean by “take my yoke upon you...for my yoke is easy to bear”? How can you apply this to your life?
 - c. Step 3 - Learn from Me: Read Mark 6:31b (second sentence), Mark 1:32-34a. Did Jesus have reason to be overloaded? (keep in mind He was fully man!) What did Jesus do to stay refreshed? (*read scripture below to determine answers given in parentheses*)
 - i. (*He rested*): Read Exodus 20:8-11, Mark 6:30-32. Do you and/or your family have a planned Sabbath? What would you have to rearrange to allow this time of rest in your schedule?
 - ii. (*He started His day in prayer*): Read Mark 1:35-38. How do you start your day? What are some benefits of starting the day in prayer?
 - iii. (*He said no*): Read Luke 4:42-43. What two letter word did Jesus basically imply to the crowds? Why did He say that? What do you need to say no to in order to be less overloaded and more in line with God’s plans for your life?
 - iv. (*He had help*): Read Mark 4:35-36. Did Jesus work alone? Why not? Where do you need the most help right now? Who do you rely on for help?
 - d. **Application question:** We discussed 4 S’s to be less overloaded and more refreshed: **S**chedule rest, **S**tart in prayer, **S**ay no, **S**eek help. Which of these will you focus on this week? Please email Pastor PJ at malin@goodshepherd-naperville.org to receive a short workbook with simple exercises to help you move from overloaded to refreshed!

Closing Prayer

Thank you, Jesus, for living on earth and experiencing struggles, stress, weariness, and overload so you know how to help us with those things! We know you care about us and want to take our burdens for us! Show us this week where we can put off overload and put on refreshment from you through rest and prayer.