



## BIG IDEA SMALL GROUP DISCUSSION GUIDE

Small groups that focus on the Big Idea for the week can use this guide to apply the message to life and take action. Feel free to use whatever parts of this guide best fit your group personality and time frame. Do NOT feel like you have to use every question. All verses, unless otherwise noted, are from the New International Version (NIV).

**07.24/25.10 // You Don't Have What it Takes: You Can't Handle It.**

**Big IDEA: *You Can't Handle it All. Busy schedules in Life Can Make You 'Out of it'. Choose Things to be Shared With Others or Stopped by You. Everything Needs to be Surrendered to Jesus.***

// Ice Breaker \_\_\_\_\_

**Option 1: Why is it hard to accept help from others?**

**Option 2: What are some of your pet 'peeves'? (for example: rude drivers, hidden fees, bad salespeople, bad food, taxes, weather, etc)**

// Questions for Discussion \_\_\_\_\_

### 1. Matthew 11: 28 - 30

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

**What will Jesus do for those who are weary and burdened?**

**What does the yoke signify?**

**Does anyone feel guilty when they rest? Why is that?**

### 2. 1 Corinthians 10: 13 (NLT)

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

**Does this say that God won't give you more than you can handle, or will not let you be tempted beyond what you can stand?**

**Why would God allow us to have more than we can handle?**

### 3. Proverbs 20: 24

For A man's steps are directed by the Lord. How then can anyone understand his own way?

**What can happen if we are out of step with God?**

**How can we know what is God's direction for our lives?**

**4. Exodus 18: 17 - 18**

Moses' father-in-law replied, 'What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone.'

**What problems could happen in this day and age if we try to do everything ourselves?**

**How could doing everything ourselves affect us physically, emotionally, relationally and spiritually?**

**5. Galatians 6: 2**

Carry each other's burdens, and in this way you will fulfill the law of Christ.

**Why is it good to help each other?**

**What significance is given by this being noted as a law?**

**Have the group share a time when they either received or gave help and how it made them feel.**

**6. Luke 10: 41 - 42**

'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.'

**Why did Jesus say Mary chose the better thing?**

**What things did Mary NOT do so she could spend time with Jesus?**

**What things do we need NOT to do so we can spend time with Jesus?**

**7. Psalm 46: 10**

'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'

**What do you think God meant when He said, 'be still'?**

**What are some practical examples of this?**

**8. Proverbs 21: 5**

The plans of the diligent lead to profit as surely as haste leads to poverty.

**What is the balance between being diligent and resting in the Lord?**

**What is the difference between being busy and being hurried?**

**Do you think Jesus was ever busy? Was He ever hurried? Explain.**

**9. Zechariah 9: 10**

...His rule will extend from sea to sea and from the River to the ends of the earth.

**How can the idea that Jesus rules over everything help give you peace and rest?**

**10. Psalm 55: 22**

Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.

**Philippians 4: 6 & 7**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.

**How do we cast our cares on God?**

**Have the group share times when they felt the peace of God in the midst of their problems.**

// **Application** \_\_\_\_\_

**Read and commit to memory. Psalm 55: 22**

Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.

**Make a radical change.**

- Write down the things you need to share with others.
- Write down the things you need to just stop doing.
- Write down the things you need to submit to God (hint – everything!).

// **Prayer** \_\_\_\_\_

**Help us to give our burdens to you (God).**

**Give us the wisdom and courage to change our lifestyle and not be swayed by the culture that says we always have to be 'hurried' to get things and status.**

