

Discussion Questions



INTRODUCTION TO WEEK 1

Are you living life to the full? Ironically, the things we chase to fulfill us—consumerism, busyness, the pursuit of “more”—are the very things that sap the life out of us. Deep down we know this to be true, but the hurried American lifestyle is ingrained in us so deeply that it’s hard to break the rhythm. **But not impossible.** Messiah invites you to consider what it might look like if you allowed yourself to truly embrace the life that Jesus came to give you.

DISCUSSION QUESTIONS

What external pressures are keeping you from embracing a life more fully devoted to living as Jesus lived?

What is one small step you could take to relieve the main pressure you feel?

Some seasons of life are more busy than others. What was one of your most busy seasons? Can you offer any advice to those currently experiencing this season?

Do you make a distinction between the state of being “busy” and the state of being in a “hurry”? Identify times when Jesus was neither busy nor in a hurry even when the situation seemed to require an urgent response.

In Matthew 11:30, Jesus states “my yoke is easy and my burden is light.” What are some life-giving habits you learned about in the message that you can adopt as you seek to take on his yoke more fully?

How does the story of the Magi inspire you to be more spiritually curious?