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“In this truth lies the secret of the easy yoke: the secret involves living as he lived in the entirety of his life – adopting his overall lifestyle.”
[Dallas Willard]

ENGAGE & CONNECT

What is something that you “built” your life in the past that didn’t fully satisfy your heart and soul?
What made you realize that?

OPTIONAL DEVOTIONAL RECAP

What is one thing that God taught you, convicted you of, or invited you to begin doing as you read the devotional book last week?

BEGIN WITH PRAYER

Spend a moment praying this passage, beginning your time together in humility and gratitude!

*“Taste and see how good the LORD is!
The one who takes refuge in him is truly happy!”*
[Psalm 34:8 CEB]

BIG IDEA

We all wear “yokes”, but are we “yoked” to Jesus? Being yoked to Jesus is the path to Kingdom abundance and the “easy” way to do hard things.

PASSAGES & DISCUSSION

Matthew 7:24-29

1. Think about your life today. How can the “rock” of Jesus’ teaching be applied to an important decision you’re getting ready to make?
2. What area of your life might you currently be building on areas of sand? How can you surrender this area to God’s wisdom and truth instead?
3. How do you see the people around you (i.e. coworkers, neighbors) building on sand? What other foundations could you offer them?

Matthew 11:25-30

4. In the sermon we heard, *“The words of Jesus will conflict with the voices of pride in our lives.”* What “voice” of pride in your life is conflicting with the words of Jesus?

5. What does Jesus mean that His yoke is “easy” and His burden “light,” especially in comparison to other burdens we carry?
6. How is rest for your soul different from physical rest? What would soul-rest look like in your life?
7. Why does Jesus invite the "weary" and "burdened" to come to Him? How do we recognize when we are spiritually weary?
8. In the sermon we heard, *“Jesus is proposing a close partnership with Himself.”* How do you notice yourself resisting Jesus’ invitation to a close partnership? What barriers are currently preventing you from experiencing this?
9. What is the connection between learning from Jesus (v. 29) and finding rest? How can we practically “learn” from Him?
10. What would it look like for your small group to intentionally take on Jesus' yoke together? How can you support each other in this process?

STEP OF OBEDIENCE

Here is the beauty and truth of being yoked to Jesus → There is **no problem** that being yoked to Jesus cannot solve AND **no purpose of God** that being yoked to Jesus cannot attain. Based on the Holy Spirit’s wisdom, what is a step of obedience that you can take? Here are a few questions to ask yourself so that you can be yoked to Jesus ...

- Did I learn THIS from Jesus? (name the bad yokes in your life)
- What is God SAYING to me? (i.e. build on the rock, give up something, trust)
- Am I truly a STUDENT of Jesus? (If not, am I willing to be?)

PRAYER FOCUS

Yoked to Jesus

- Father, may we choose to accept Jesus’ yoke in our daily lives, walk in step with Him, and trust His guidance. As we align our lives with Jesus and His ways, we will find true freedom to love others more deeply, serve without exhaustion, and walk in peace.
- God, help us release the burdens we’ve been carrying and fully accept the yoke of Jesus. As we do, may we experience the freedom and joy that comes from walking closely with Him, and may that overflow into how we love and serve others.

MEMORY VERSE

“Therefore, everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock. The rain fell, the rivers rose, and the winds blew and pounded that house. Yet it didn’t collapse, because its foundation was on the rock.”
(Matthew 7:24-25)

RLC RESOURCES

- **Rock Bridge RLC Website** → rockbridge.cc/red

- This contains an overview video and links to a 40 day Bible reading plan and Time With God, which complement and enhance the Red Letter Challenge series.
- **Personal Devotional Book**
 - These are for PERSONAL study and are NOT required for use with the discussion guides. If everyone in your group (or a majority) is using the devotionals, feel free to take 10-15 minutes to share your highlights. Another option is to have people share highlights through a group chat.
 - Books are for sale during our services (while supplies last). In addition, people can find these for sale online by searching “Red Letter Challenge devotional”.
 - [HERE](#) is a free audio version available. NOTE: this was made by another church, so please disregard the specific language used by them at the beginning :)
- **Participant Assessment** → [HERE](#)
 - This free tool helps participants discover how they are doing in the five targets: Being, Forgiving, Serving, Giving, and Going. It has 40 questions and takes about 7-8 minutes.
 - It is recommended that people take this at the beginning of the series, so you should share the link with your group via text or email when you get it.
- **Videos** → [HERE](#)
 - These short videos (6-8 minutes) can be sent to your group before you gather, watched at the beginning of your gathering, or sent to your group as a way to follow up the discussion. Use these videos in a way that best supports your group! They are NOT the main content of the discussion, just an enhancement!
- **Red Letter Disciple Podcast** → [HERE](#)
 - This is a podcast by the creators of the Red Letter Challenge. It does NOT go along with the series, but does have podcasts about discipleship that will equip and encourage you. This would be best for people to listen to on their own.