



CATCH MY WIND FLOW WITH ME

This past Sunday, Pastor John continued the “Catch my wind, flow with me” sermon series by preaching on what it looks like to ask for the Holy Spirit’s guidance in our daily lives. This week’s lesson is geared towards helping people to go to God with their everyday decisions and situations and to create space to hear what God’s heart for them might be.

FAMILY TIME

Take some time to share prayer requests and praise reports with each other and encourage folks to keep praying for each other’s prayer requests throughout the week and to believe that these will become future praise reports.

Follow up from last week: Give space to folks if they’d like to share how things went this past week as they sought to make more space to be attuned to the Spirit of God.

WORLD MANDATE WEST ANNOUNCEMENT

Our annual Antioch church missions conference in San Diego (from Friday, January 27 to Saturday, January 28). This is a chance for us to take a weekend to hear about what God is doing locally and globally and to be encouraged to step into God’s larger story. Given traffic on a Friday afternoon, we’d recommend folks take a half-day at work in order to head down early enough to be fully present throughout the weekend. Go [here](#) for more info.

MATT 11:25-30

***25** At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. **26** Yes, Father, for this is what you were pleased to do. **27** “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. **28** “Come to me, all you who are weary and burdened, and I will give you rest. **29** 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. **30** For my yoke is easy and my burden is light.”*

Introduction Question: What makes you feel weary and burdened? Or what gives you rest?

Key Discussion Questions:

- Why has God hidden certain things from the wise and learned?
- Why do you think God might give special revelation to little children?
- What is the role of the Son (i.e., Jesus)?
- What is Jesus’ promise to us in verses 28-30?
- What does it mean that Jesus says his yoke isn’t wearisome or burdensome?
- Why wouldn’t someone choose to take Jesus’ yoke upon them?

Note on the Passage:

- Being yoked means walking in sync with Jesus; not going too fast or slow or turning in directions he isn't going. This text conveys that Jesus yoke gives us rest as opposed to makes us weary or burdened. This seems to imply that not being in step with Jesus (e.g., going too fast or slow or turning in other directions) can cause us to feel weary and burdened.

Reflection Question: What is one thing or area in my life that causes me to feel weary and burdened? How might Jesus want me to move forward in this? In other words, take time to bring these burdens to Jesus and to ask him to speak to us about them and to guide us. Make sure to give folks sufficient time to reflect on this.

Small Groups: Break up into groups of 3-4 to share about the situation that is causing us to feel weary and burdened and what we feel like Jesus is saying to us about that situation, including what it might look like to move forward. Then take time to pray for each other in the midst of these challenging situations.

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