

# Reach | Feb 28 - Mar 5, 2021

## Discussion Guide

### Soul Care

#### KEY BIBLE PASSAGE: Matthew 11:28-30 (ESV)

#### DISCUSSION:

**Icebreaker** - What are 3 words you would use to describe how you're doing emotionally?

Read **Matthew 11:28-30**

- What is your emotional response to this passage?
- What are the things that are weighing you down this week, or waking you up at night?
- In verse 25, what is the problem Jesus has with those He calls in a sarcastic way "the wise and understanding"?
- In verse 25, what are the characteristics of children that we can take on that makes it easier for us to come to Him? (*1 Cor 1:27*)
- In verse 30, what does it mean that Jesus burden is light? (*Matt 7:21, John 4:34, 1 Cor 10:13*)

#### The World's Response -

- What are some ways that the world tells us to care well for our souls?
- What are ways that people put up a smokescreen to hide their pain?

#### The Biblical Response, Read 3 John 1:2-8

- Why is it that as your soul goes, so goes the rest of your day as well as your health?
- What do we learn from this passage about having a healthy soul?
- How does this passage bring to light the truth of Matthew 11:30?

Don't Forget  
Weekly  
Check-ins →

Prayer



Care



Events

