



**HATFIELD
CHRISTIAN
CHURCH**

LIFE GROUP GUIDELINE: TERM 3 WEEK 3

17 August 2017

The unforced rhythms of grace

‘...learn from me ... and you will find rest for your souls...’

Matthew 11:28-30 (NIV)

Ice Breaker

Share something of your typical daily rhythms with the group.

Introduction

As followers of Jesus, we endeavour to become more like Him during the course of our lives. How we go about this is very important. Religion puts a very high standard before us, but it does not enable us to live up to the standard. This leads to frustration and exhaustion. What is the secret?

Discussion

- Read Matthew 23:4 together.
 - What are the burdens Jesus is speaking about here?
 - Were any of you raised in a religious environment, where heavy burdens were placed on your shoulders?
 - If so, has anything changed?
 - Does anyone still feel like they are carrying that heavy religious burden?

- Read John 14:27 together.
 - Even with the weight of the world on His shoulders, and a terrible ‘cup’ awaiting him, Jesus had peace. He was not anxious or fretful. The standard of God’s holiness is immeasurably high, but Jesus wants us to live our lives in peace and without the heavy burden of religion.
 - It seems like a contradiction. Discuss in the group how this is possible.

- Read Hebrews 4:9-11 together.
 - In Genesis 1 and 2, we read that God created the universe in six days – with Adam created on the sixth day – and then He rested on the seventh. That means that mankind's first day on earth was God's day of rest. We start our life with God by resting. We can draw a pattern from this.
 - Hebrews 4 tells us that God's people are to rest from their own works (keeping the law) in order to enter God's rest (salvation through the life and sacrifice of Jesus). This is the gospel.
 - From a place of acceptance and belonging, we live the lives God is calling us to live. In this 'unforced rhythm of grace' in our lives we can have Jesus' peace in the centre of our lives even though we live in times of turmoil. Share with one another how the truth of the gospel has influenced your life.

Prayer

Pray for those who still feel the weight of religion on their shoulders.

Pray for those you know who do not have God's peace in their lives yet.