

LifeGroup Deep Dive | “Live Freely & Lightly” Week of 11/23/25

Main Passage: Matthew 11:28–30 (ESV)

Supporting Passages: Psalm 23:1–3; Jeremiah 6:16; Colossians 3:15

Culture Code Emphasis: *Presence > Preference*

Main Idea/Question: What does it look like to actually come to Jesus and live in the rest, rhythm, and freedom He offers — instead of carrying faith like a burden?

KEY THEMES FROM THE SERMON

Come to Jesus, Not Religion — His invitation isn’t “Do more,” it’s “Be with Me.”

Take a Real Rest — True rest is not escape from work; it’s renewal in His presence.

Learn His Rhythms — The way of Jesus is unforced — grace doesn’t rush; it restores.

Live Freely and Lightly — Freedom in Christ is found in surrender, not striving.

PORCH TALK

(Start gently — this week’s tone is reflective and relational.)

1. What part of Sunday’s message stayed with you the most — an image, phrase, or truth from Matthew 11:28–30?
2. Jesus says, “Come to Me, all who labor and are heavy laden.” What kind of “weight” have you been carrying lately?
3. In your faith journey, do you ever feel like following Jesus adds pressure instead of peace? Why do you think that happens?
4. What does “living freely and lightly” sound or look like in your current season?

Anchor Verse:

“Come to Me, all who labor and are heavy laden, and I will give you rest.” —
Matthew 11:28

Scripture References: *Matthew 11:25–30; Psalm 62:1–2; Isaiah 30:15; Philipians 4:6–7; Galatians 5:1; Hebrews 4:9–11; John 15:4–5*

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LIVING ROOM

(Go deeper — this is where Scripture meets real life. Read the passage slowly before each focus area.)

1) COME — An Invitation to Relationship, Not Performance

Read: Matthew 11:28; John 15:4–5; Psalm 62:1–2

Context: In a culture driven by religious performance and self-effort, Jesus offers Himself, not a system.

Say: The greatest act of faith is not achieving for Jesus, but approaching Him honestly.

Ask: What does “coming to Jesus” practically look like for you right now? What keeps people (or you) from actually coming close — pride, guilt, fear, busyness? How might your prayer life change if you started with presence, not petitions?

2) TAKE — Rest That Replaces Restlessness

Read: Matthew 11:28–29; Hebrews 4:9–11; Isaiah 30:15

Context: Rest is not inactivity; it’s inner stillness that comes from trust.

Say: Jesus offers *rest for your soul*, not just relief for your schedule.

Ask: When do you notice your soul becoming restless or hurried? What rhythms or boundaries could help you take real rest this week? Why is surrendering control sometimes the hardest way to rest?

3) LEARN — The Unforced Rhythms of Grace

Read: Matthew 11:29; Philippians 4:6–7; Colossians 3:15

Context: A “yoke” was a teaching tool — Jesus’ way of life is gentle and learnable.

Say: Grace has a rhythm, not a rush. Learning from Jesus means slowing down enough to hear His cadence.

Ask: What rhythms of grace do you need to re-learn — prayer, Sabbath, simplicity, gratitude? How can you tell when you’re carrying someone else’s “yoke” instead of Jesus’? What has God been teaching you lately about pacing your faith with peace?

4) LIVE — Freely and Lightly

Read: Matthew 11:30; Galatians 5:1; Psalm 23:1–3

Context: The life of faith isn’t meant to crush us, but to set us free.

Say: Freedom in Jesus isn’t found by escaping pressure but by exchanging burdens — His for ours.

Ask: What would it look like for you to “walk lighter” this week — in your mind, emotions, or schedule? What’s one area where you’ve been striving instead of trusting? How can the group pray for you to walk in freedom and peace?

Scripture References: *Matthew 11:25–30; Psalm 62:1–2; Isaiah 30:15; Philippians 4:6–7; Galatians 5:1; Hebrews 4:9–11; John 15:4–5*

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AFTER GLOW

(A slow, prayerful closing time — read, reflect, and respond.)

Read: Matthew 11:28–30 (The Message)

“Walk with Me and work with Me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with Me and you’ll learn to live freely and lightly.”

Say: Jesus doesn’t offer an escape from life but an exchange of burdens. He carries the weight we were never designed to hold.

Ask:

- What burden do you need to hand back to Jesus tonight?
- What does it mean for you to “walk with Him” instead of “working for Him”?
- How can this group help you live lighter this week?

 **Reflection Verse:**

“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures; He restores my soul.” — Psalm 23:1–3

Reflection Thought:

“Rest isn’t the absence of activity; it’s the presence of Jesus in it.” — Patrick Iga

FOLLOW-UP & CHALLENGE

Reset: Take 10 minutes this week to sit in silence with no agenda — just breathe and be with Jesus.

Re-center: Write down one area of life that feels heavy and pray, “Lord, I exchange this burden for Your rest.”

Rejoice: Practice gratitude — list three ways God is inviting you to live freer and lighter this week.

Reach: Encourage someone else who’s weary with the words Jesus used: *“Come to Him — He will give you rest.”*

Legacy Challenge:

This week, live unhurried. Let His presence set your pace.

When you walk with Jesus, rest isn’t something you find — it’s Someone you follow.

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