

SCC Small Group Discussion Letting Go: Burdens You Carry

Derived from a sermon on March 22, 2026 by Adger McKay

Getting Started:

If you had to describe your current stress level or "mental load" as a physical object you are carrying in a backpack, what object would it be (e.g., a bag of rocks, a grand piano, a handful of feathers, a ticking time bomb)? Why?

Searching the Scriptures:

Warning Signs (Luke 21:34-38)

1. In verse 34, Jesus warns his disciples to "watch yourselves" so that our hearts are not "weighed down." What three specific things does he list that can cause this spiritual heaviness?

2. We often understand why "dissipation" (partying/excess) and "drunkenness" are dangerous, but why do you think Jesus includes the "cares of this life" in the same category?

3. Jesus says that if we are weighed down, that day will close on us "suddenly like a trap" (v. 35). In what ways do worry and being "busy" act like a trap for a believer?

4. According to verse 36, what are the two specific antidotes Jesus gives to keep us from being weighed down? What does it practically look like to "stay awake" in a world that lulls us to sleep with distractions? How does prayer give us strength?

The Invitation to Exchange (Matthew 11:28-30)

5. Jesus invites those who are "weary and burdened" to come to him. How is his yoke different from the one the world places on us?

6. Jesus describes himself as "gentle and lowly in heart." How does knowing this specific character trait of Jesus make it safer or easier for you to hand over your heavy burdens to him?

The Place of Meeting (Exodus 25:22)

7. In Exodus, God tells Moses, "There I will meet with you, and from above the mercy seat... I will speak with you." The "mercy seat" was the lid of the Ark where the blood of atonement was sprinkled. How does this Old Testament picture help us understand *where* we must go to unburden ourselves today? (i.e., We meet God not at a place of judgment, but at a place of mercy/atonement).

Application Questions

Look back at Luke 21:34. Is your heart currently more weighed down by "dissipation" (numbing out/escapism) or the "cares of this life" (anxiety/control)? What is one specific burden you are carrying that you need to bring to Jesus this week?

Matthew 11:29 says we will find rest for our souls when we "learn from" Jesus. What is one habit you can change this week to "learn" his pace of life rather than the frantic pace of the world?

Get discussion questions in word format & link to Bible App plan for this week at www.sequimcommunitychurch.org/downloads