

# AN INVITATION TO A JOURNEY



## SMALL GROUP GUIDE



### HOW DID IT GO?

Over the summer break...

- How did you grow in your intimacy with God? Did you experience any clear encounters?
- How did you invest in relationships with “neighbors”? How have those relationships flourished?
- We are each being formed—all the time—by something or someone. If you have been formed recently, how?

### Scripture Passages

**Colossians 3:1-4 (ESV)** If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth. 3 For you died, and your life is hidden with Christ in God. 4 When Christ who is our life appears, then you also will appear with Him in glory.

**Matthew 11:28 (ESV)** Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

**Colossians 3:1-4 (MSG)** So if you're serious about living this new resurrection life with Christ, act like it. Pursue the things over which Christ presides. Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that's where the action is. See things from his perspective.

Your old life is dead. Your new life, which is your real life—even though invisible to spectators—is with Christ in God. He is your life. When Christ (your real life, remember) shows up again on this earth, you'll show up, too—the real you, the glorious you. Meanwhile, be content with obscurity, like Christ.

SEPTEMBER 12

### SERMON TITLE:

What Is The Why?

### SCRIPTURE:

Colossians 3:1-4

Matthew 11:28-29

### HEAD (15-20 MINUTES)

Read aloud the passages for this week.

1. If, as Paul says in Colossians, you were “raised with Christ” and you “died, and your life is hidden with Christ,” what is your purpose now?
2. In Matthew 11:28, how does Christ describe himself? Is this how you normally think of him? Explain.
3. What commands do you find in these verses? And what promise?

### ➤ Head

Observe the text and the author's main points.

## HEART [15-20 MINUTES]

1. Is life more restful for Christians? In what way? Is this a reality in your own life? Why or why not?
2. What sometimes keeps you—or others—from finding “rest for your souls”?
3. Clothing ourselves with which of Christ’s attributes will help us find rest? How is the Spirit vital in this process? (2 Corinthians 3:18, John 14:26; Ezekiel 36:26-27)

## HANDS [10 MINUTES]

### Reaching Upward: Growing in Your Relationship with God

- Choose five days this week to set aside time for prayer. During this time, ask God to reveal how you can be more like Jesus. Ask this and then simply sit in silence, listening for God’s guidance. Begin with your timer set to 2 minutes. Then add time each day so that by day five you are up to five minutes sitting with the Lord in silence, listening for his voice. Have a pen and paper available to write down anything you hear.
- With a trusted friend, on the phone or over coffee, discuss “How can I be a little more like Jesus?” Give this friend the freedom to speak honestly and then bring his or her suggestions to the Lord in prayer.

### Reaching Outward: Investing in Your Neighbors

- Be intentionally gentle (kind) and lowly in heart (humble) in dealing with
  - a friend who is suffering,
  - a neighbor who is seeking God, or
  - one of Houston’s recent immigrants.
- As an agent of God’s healing and liberating grace, share your “abundant life” with someone this week. If you need help thinking through what this could look like, call one of your small group members to pray with you and share suggestions.

### Reaching Beyond

Is there any other way God is stirring you to put this passage into practice?

➤ **Heart**  
Envision how the text—when applied—might transform your inner life in terms of your thoughts, attitudes, and behaviors.

➤ **Hands**  
Apply the text by moving from inward reflection to outward action looking for practical ways to live the text out in our lives to serve others.

➤ **Neighbor**  
Anyone in your life—whether a friend, colleague, family member, classmate, or literal neighbor—to whom you can show God’s love.

