



WHEN LIFE IS A LOT

Let faith anchor you

SUNDAY, MAY 3

WEEK 1 | Matthew 11:25-30 | Rest

Life can feel like a lot, especially when everything seems to pile up at the same time. Work, family, health, and decision-making don't wait for the right moment. You might find yourself trying to keep everything together while quietly taking on more than usual. You continue to show up because others rely on you, but there are times when the burden feels heavier than you can express. Uncertainty about what lies ahead is common, and it's clear that some challenges won't resolve on their own. Remember, you don't need to fix everything all at once. Instead, take one step at a time, trusting that God is already with you in what you're carrying.

BIG IDEA

You're carrying more than you were meant to, and Jesus wants to help you carry it.



DISCUSSION QUESTIONS



1. What is one thing that stood out to you from this week's message?
2. What are you carrying right now that feels heavy, and when did you feel it the most this past week?"
3. Think about a moment this week when you felt the pressure to hold it all together or not fall behind. What was happening, and what were you telling yourself in that moment? That inner voice is part of what Jesus is inviting you to stop carrying alone."
4. Jesus says, 'Come to me... I'll give you rest.' He doesn't take it all away, but helps you carry it. So, what would it look like for Jesus to help you carry what you're dealing with this week?
5. How can we pray for you?

YOUR NEXT STEP

This week, name what you're carrying, give it to Jesus, and let Him help you carry it.