

**Burden Free Faith**  
**Week 1: How to Live Burden Free**  
**October 3rd, 2021**

***OPENING PRAYER***

Have someone in the group invite God's Holy Spirit into our presence. Pray for your encounter with God's Word. Ask God to open your heart and mind to some new understanding and especially to a new way of applying this truth in our daily lives.

***SMALL GROUP GUIDELINES***

~Safe Group	~Silence	~Sharing
~Confidentiality	~No Cross Talk	~Self-Aware
~Listen	~No Fixing	~"I" Statements
~Pause	~No Rescuing	~Handle Conflict Biblically

***"GETTING TO KNOW YOU"***

Go around the room and briefly share your answer to the following question:

**What sporting event most impresses you with the endurance of the athletes? Why?**

***INTRODUCTION***

This week we are blessed to welcome our interim pastor during this season of transition. Rev. Bob Moss begins his time with the Madison Park family this Sunday with a new series titled **Burden Free Faith**. As we begin, we our focus is on the anchor passage of this series found in *Hebrews 12:1-3*. Our message this week is **How to Live Burden Free**.

***THIS WEEK'S KEY SCRIPTURE: Hebrews 12:1-3***

Read the passage: Have someone in your group read the passage of scripture as everyone else follows along in their Bible.

***DISCUSSION:***

Go around the room and share from your heart, remembering the group guidelines.

***EXPLORING THE SCRIPTURE:***

- What do you notice in this text with new or fresh eyes?
- What do you struggle with?
- What surprises you?
- What encourages you?

***ENGAGING THE MESSAGE:***

- What warning is given to those who would run the race of the Christian life? (12:1)
- What should be the focus of those who would live for Christ? (12:2)
- How well are you running the Christian race?
- Read Matthew 11:25–30. How can we “lay aside every weight and sin” (12:1)? Make a mental list of the weights and sins, which are “clinging closely” in your life. Continue to ask God to take them from you each day.
- What wrong attitudes or actions tend to stop your spiritual growth?
- What do you think it means to “fix our eyes” on Jesus? (12:2)

***LIVING IT OUT-APPLICATION:***

- **How can you focus your thinking on Christ this week?**

***CLOSING PRAYER:*** Spend some time in prayer, pray for the season we are in, for those that may be affected, for the community, for our world. Pray for one another, for those that might be absent and for prayer requests.