



The Heaviness of the Soul

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Q—Are you struggling with a heavy soul?

Why, my soul . . . Why so disturbed within me? Psalm 42:5a (NIV)

The 3 P's with our problems:

- ✓ Personal
- ✓ Pervasive
- ✓ Permanent

Sermon in a Sentence: Hope is what will help us lift the heavy weight of life.

Put your hope in God, for I will yet praise him, my Savior and my God. Psalm 42:5b (NIV)

⇒ **Our weight will be lifted when we _____ on God.**

For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently. Romans 8:24–25 (NIV)

Mark 4:37–39 (NIV)

⇒ **Faith is a muscle and the only way to _____ it is by stretching it.**

Mark 4:40-41 (NIV)

⇒ **We will never know the greatness of God without _____.**

2 Corinthians 12:9–10 (NIV)

⇒ _____ is to be our continual “weigh” of life.

Q—Are the burdens you are carrying pushing you to a point of failure?

ANSWER KEY: wait, grow, failure, surrender



Study & Discussion for Your Next Small Group

Theme: *Lightening the Load*

Warm Up: What is something you struggle to part with when it's necessary to downsize, reorganize or when you've had to move? Why is it hard to let it go?

Sermon Response: What impacted you most from Sunday's message?

Read: Psalms 42:5

Discuss:

- The word “downcast” means to lower, bring down or collapse. How does that relate to having a weary soul?
- What can cause our soul to be disturbed? What is an example from your life?
- How do we make the phrase “put your hope in God” more than an expression; how can we actually place the weight of our lives in the Lord's hands?
- What is the result when we do? What is a specific example from your life?

Read: Matthew 11:28–30

Discuss:

- How does “come to me” speak to you, in terms of how Jesus makes himself available and offers to take our cares and give us rest?
- Jesus uses a double metaphor: “yoke” meaning animals harnessed together for farming, but also meaning a teacher passing on their “way of teaching” to an apprentice. Based on this, what do you think Jesus means by saying “take my yoke upon you”?
- How can we apply this invitation to find rest, yet not relinquish the responsibilities we still have in life?
- How is Jesus' yoke, meaning a way of teaching, not burdensome but life giving?
- How does Jesus' yoke offer us soul rest? Share an example from your life.
- What burden are you carrying that you need to place upon Jesus' shoulders, to find true hope for your downcast soul?

Prayer: Share needs and also ways God has answered prayer in your group.