

Life Group Preparation Notes:



Just Come

Daniel Erasmus - Sunday 7 June 2020

Note for the facilitator: Preparation for the Life Group is key for each person to be able to engage and be vulnerable to grow. Allow the Holy Spirit to lead you as you prepare for the group time. Be aware of vulnerable sharing and the recurring theme or phrase during the connection time as you are prompted by the Holy Spirit.

Whether you are doing Life Group on Zoom, Google Hangouts/Meet or chatting on Email or your WhatsApp group, we encourage you to cover the following:

1. Check in to find out how each other is doing in this season.
2. Share a response to one question in the notes.
3. Pray together for one another.

Purpose for the session: To respond to Jesus' invitation to come to Him to find rest.

Worship: As you prepare for group, listen to the song ["Hold me now"](#) by Hillsong Worship. Pray back to God how He has made your heart whole in uncertain times.

Check-In: How have you been able to practically share the peace you have in God with those you are connected to?

Bible Reading: In preparation for group read Matthew 11: 28-30 in the MSG, NLT and The Passion Translation. Revelation 22:17 (NIV), 1 Peter 5:7, Proverbs 3:5, Psalm 62:5-7, John 15:4 (NIV), Hebrews 10:25.

Preparation and Discussion for Group Time:

1. Read Matthew 11:28-30 (MSG). Note that Jesus says: "come to Me". What has been your barrier to "coming to Jesus"?
2. These verses in The Message speak about "the unforced rhythms of grace". What are some of your rhythms or practices that help you rest in these times?
3. Jesus says, "My yoke is easy". What yoke are you carrying that is not "easy" and how can you exchange this for His yoke?
4. We know that we need others on the journey of following Jesus. Share how you have been encouraged by connecting with someone in the past couple of weeks.

Check out:

What will you do with this invitation from Jesus to come to Him?
Create space to respond to Him and share your response with each other.

Prayer time:

Personal: Pair up and pray with one another during the week. You can send a message or voice note as you pray for that person.

Nation: Our nation is in crisis; our response is to pray for:

- Our President and Government, National and Local Leaders for wisdom and Godly leadership.
- Essential workers for God's strength and peace as they serve.
- Those who have lost loved ones and are mourning.
- People who are weary in this season.
- Our congregation to come out spiritually stronger.
- Schools - managing the return of children,
- Varsity students.
- For the next generation to stay connected.
- Provision - financial, to meet daily needs.

Others:

- Keep praying for our 1-One-1 daily for salvation. Use the online platforms to encourage them to join you at Church online.
- Invite those you know who are not yet connected to join at Growth Track on a Tuesday evening.
- Continue to find practical ways to be the Church to those around you that are in need.

Daily Practices to follow:

- Memorize Matthew 11:28-30 (MSG) Write out the verses or copy and paste them so you can see them regularly throughout the day.
 - Insert your name into the Scriptures so that you are aware that God is speaking directly to you.
 - Read or recite the verses and repeat throughout the day. Set a reminder to pray at different times throughout the day.
- Here are some YouVersion plans on Rest:
 - [Finding Rest for my soul](#). In the uncertainty of today, where can we find rest for our souls?
 - [7 Days of finding rest](#). This reading plan about 'finding rest' is based on Jesus' words in Matthew 11:28-29. Jesus promised that if you come to Him, you would find rest.
 - [Soul Rest: 7 Days to Renewal](#). In this plan we are called to the intentional work of self-examination, helping us to move toward a purposeful and sustainable life with Jesus.