

OVERWHELMED

OVERWHELMED Part 3 - Expectations

Micah Priest

May 18, 2025

Open with prayer.

Get to Know You (10 Minutes)

- All of my kids can juggle, but no matter how much I practice I can not add that third orange to the mix! I know someone who rides a unicycle and I have a friend who can drive and apply mascara at the same time! (I don't recommend learning this). What talent or multitasking skill do you have that your friends may not know about?
- Being able to multitask or have crazy talents is fun, but when we begin juggling more than we can really handle life gets crazy. If you could cut one thing out of your week to make it feel more manageable what would that be?

Observation & Discussion (30 Minutes)

Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Galatians 1:10

"Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant."

Romans 12:2

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

1. Have you ever experienced the rest Jesus offers? Share a time when you felt His peace amidst life's challenges.
2. What does Jesus mean when he says, “Take my yoke upon you and learn from me..”?
3. Jesus describes Himself as gentle and humble in heart. How can we embody these qualities in our daily lives?
4. Read the passages above again. As you read, take time to discuss what God wants for you.
5. What in your life do you need to surrender to experience God's peace more fully?

Next Step (10 Minutes)

- In the sermon, Micah gave some practical steps to experiencing God's peace and purpose. Read through these as a group; how can you implement one of these steps this week? Next to each step is an example for action.
1. Pause and go to Jesus - Prayer is first response not last resort
 2. Name the expectations - Name them and replace with God's truth
 3. Renew your mind with truth - Do you have a verse that you can think on this week
 4. Say yes to what matters most - Make your yes list for the week

Prayer Requests (5 Minutes)

Pray with your group to close.

Challenge

During this series, make time to spend 15 minutes of uninterrupted time with Jesus every day. No agenda, just intentional time of quiet to pray, listen, read or sit at the feet of our Lord.