



**Connect Group - Soul Detox week 3 - Be healed my heavy soul**

**Welcome:** How do you like to relax? When are you at your most chilled and relaxed?

**Word:** When my soul feels heavy I need to check what I'm carrying!

Read the following verses....

**"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." - Matthew 11:28-30 NLT**

- Why is this invitation from Jesus so relevant to us 2,000 years later?
- In what ways do we get weary and what kind of heavy burdens can we carry?
- On Sunday several were mentioned, which ones resonated with you the most right now? (*Guilt, regret, loss, resentment, bitterness, negative words, worry, anxiety, sin*)

The visual illustration showed how we carry these weights round our neck.

We then talked about how we respond and it's often in one of these ways...

We **deny**, we **distract** or we **dull** the pain.

- What have you experienced in these 3 responses?
- Are there other unhelpful ways we try to respond to these weights we carry?
- What did you think of the concept of a 'yoke' talked about on Sunday?
- What have you learned about the exchange when we surrender a weight to God and pick up something He has for us instead? Give some examples from your own life?

Read the following scriptures and spend some time reflecting on and discussing them...

**"But if we freely admit our sins when his light uncovers them, he will be faithful to forgive us every time. God is just to forgive us our sins because of Christ, and he will continue to cleanse us from all unrighteousness." - 1 John 1:9 TPT**

**"Cast all your anxiety on him because he cares for you." - 1 Peter 5:7 NIVUK**

**"Confess your sins to each other and pray for each other so that you may be healed....." - James 5:16a NLT**

- What impacts you from these verses?

Finish by asking the questions that were asked Sunday and then invite people to respond and pray for each other....be open to speaking words of promise and hope!

Q - What's weighing your soul down right now? What are you carrying you shouldn't be?

Q - Are you ready to give it to Jesus? Why's it on your shoulders when He put it on his?

Q - Are you willing to learn a new way to live by allowing Jesus to teach you?

**When my soul feels heavy I need to check what I'm carrying!**

**Remember:**

**Mark Ritchie** - Comedy event plus live music Sunday Feb 24th 7.45PM Halesowen

Let's be inviting people and book in for free tickets via the web site or social media.

**Vision gatherings** - important information and inspiration for the future!

Tuesday Feb 26th, Wednesday Feb 27th - both at 7.45PM

Thursday Feb 28th - 10AM