

Session Thoughts:

- Write down anything that was new, interesting or helpful to you.
- Write down anything you want to think or talk about further.

It is important to note that in the discussion of “experience” within Christianity our responsibility is not to produce anything but rather let our experiences be a barometer for the degree of intimacy we have with the Trinity on a daily basis.

Discussion Questions:

1. In the discussion of the four primary promises is there a particular promise that resonates with you; perhaps because you have witnessed it or want to witness it more in your own life?
2. This discussion is much less about having good feelings all the time and much more about trusting God to play specific roles in our life, that of father, provider and defender. Can you see where a lack of experience in one of these promises corresponds to a role that you don't easily allow God to play in your life?

Read Matthew 11:28-30

2. In what ways does learning from Jesus produce rest? What is it about the yoke of Jesus that would produce rest where as other yokes might not? Is this sort of rest something you experience consistently, inconsistently, never?

If you need to talk further about anything discussed tonight your leaders have other resources and are eager to discuss these things with you.