Tips for Dropping Burdens:

Financial

1. Change your attitude toward "things." Which of your possessions hold you hostage? What do you really NEED? What can you get rid of?
2. Pay off debt to lighten your monthly burden. Pay off your smallest debt first and apply that payment to your next smallest, etc.
3. Sell some things to help pay off your debt.

Busyness

1. Take a look at your schedule. What can you eliminate? (Note: You may have to make a hard decision and drop something you really like.)
2. What are the things that most waste your time? What can you drop to spend more time cultivating your life with Jesus?
3. Practice "slowing." Intentionally place yourself in situations where you have to wait. Get in the longest line. Drive behind a slow driver. How do you feel when you do this? Do you feel annoyed? Angry? Hurried?
4. Intentionally build "margin" into your schedule so you can serve others. Don't just schedule your serving but look for ways you can be "interrupted."

Sin

1. Find a confidant or accountability partner. Confess your sin to him/her. Lay it out there and know that your sin is forgiven.
2. If you need to ask forgiveness from someone, do it. If you need to mend a relationship, go to them and make it right.
3. If you have been hurt by someone else and you can't go to them or talk to them, write down your feelings in a letter. Then burn the letter or nail it to a tree and remember that Jesus died so you didn't have to feel the effects of that sin. Pray that God would take away the burden and give you freedom

simply jesus

The Simple Life

Sermon Notes and Takehome **August 15th, 2010**

Jesus often called people to become like _____.

We have an amazing capacity to _____ things out.

Sometimes we don't see God work because we're not _____ to it.

Jesus would have seemed _____ to be around.

At its heart, the Gospel is _____.

- It's all about _____ _____.

- The way we get to know God is by looking at _____.

We like to hold on to our burdens.

1. _____ burdens.

   - The greatest threat to genuine Christianity in America is _____.

2. The burden of _____.

   - When we fill up our schedule, we lose _____ of our life.

3. The burden of _____.

   - Because of _____, when God looks at you, He doesn't see your sin.

Further Study and Reflection:

1. What do you think Jesus meant when He called people to "become like little children?"

In the message, Kory said, "…we have the burdens of life. We've stretched our budget too thin and bills are due. Our unhealthy lifestyle is catching up to us. WE have relationship struggles with friends and within our families. We hate our jobs or at least would rather be doing something else. Life has a way of throwing us curves."

2. Does any of this sound like your life? Explain.

3. What are the burdens you carry? (Kory mentioned financial burdens, busyness, and sin, guilt, or the results of someone else's sin. It may be something different, however.)

4. Do you agree that these burdens often keep us from truly following Jesus? If yes, how?

Read Matthew 6:25-34

5. What is the burden Jesus talks about in this passage?

6. Why is it so hard not to worry about life?

In verse 33, Jesus says, "Seek first, the Kingdom of heaven." Richard Foster in his book "A Celebration of Discipline" says, "The central point…is to seek the kingdom of God and the righteousness of his Kingdom *first* and then everything necessary will come in its proper order. It is impossible to overestimate the importance of Jesus' insight at this point. Everything hinges upon maintaining the "first" thing as first."

7. What do you think it means to "seek the Kingdom of God?"

8. How would your life be different if you sought His Kingdom *first*?

9. What practical steps can you take to drop your burdens and seek God's Kingdom?