Part 2: Live Light

Big Idea

In this series, we are learning how to get the stress out of our lives. Pastor Mark revealed how we often carry the weight of our past and pains that we were never meant to carry. When the weight of life piles up, we become overburdened and can feel stuck. When we feel stuck, there is always hope! No matter how stuck we may feel, God wants us to know, there is always a way out. Pastor Mark shared three points, which leads to a perspective change to live lighter and get rid of the weight we’re carrying. Our first step is to believe it’s okay not to be okay. God’s strength is made perfect in our weakness. If we don’t express our weakness, then we can’t experience His power! Then, get completely honest, first with ourselves and then with others. Pray Psalm 139:23–24 and ask God to point out our anxious thoughts or anything that offends Him. Finally, place our dependency on God. In scripture, stress and anxiety always reveal self-dependency, and the cure for that is always God-dependency.

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.” (Hebrews 12:1-2)

Discussion Questions

• Why is it difficult in today’s culture to believe that it’s okay not to be okay?
• Can you describe a time when you experienced God’s supernatural strength on your behalf in a time of weakness?
• What are some practical ways that we can move from self-dependency to dependency on God?

Prayer Focus

Pray for increased dependency on God and allow Him to carry the weight of your past and pains.

Next Steps

Our self-dependency is often what leads to us feeling weighed down and anxious. Confess your “weakness” to someone else in the group who can pray for you this week.

Leader Tip

Encourage your group members to meditate on Hebrews 12:1-2 this week. Some may even want to commit it to memory.