



Welcome

Message: That's Light Work
Rev. Lance Watson, Jr., Speaker
Dr. Lance Watson, Senior Pastor

PRAYER: Gracious and Sustaining God, we come with hearts full of gratitude for Your faithful presence and the daily strength You provide when our responsibilities feel heavy. Thank You for lifting the weight of our professional and personal anxieties, and for offering us a sanctuary of rest and renewal amid demanding seasons. Grant us the grace to release our self-reliance, supporting one another with empathy and embracing the peace that comes from knowing we never carry our loads alone. In the name of Jesus we pray, Amen.

ICEBREAKER: If you could instantly trade one heavy responsibility or stressor on your to-do list this week for a completely free afternoon, what would it be?

INTRODUCTION: At the conclusion of this chapter Jesus expresses deep frustration with people that witnessed His miracles yet refused to change. He offered a profound prayer celebrating the intimate relationship between the Father and the Son. Speaking to a crowd exhausted by the heavy religious legalism imposed by the Pharisees—who piled endless behavioral rules onto everyday life—Jesus offered a radical invitation of grace instead of burden. Drawing on familiar agricultural imagery, He contrasts the exhausting yoke of human performance with His own "easy yoke," inviting listeners to abandon self-reliance and find true spiritual renewal through an apprenticeship of gentleness and humility with Him.

BIBLE STUDY: Read Matthew 11:28–30 (NLT): 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."

DISCUSSION QUESTIONS:

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message? What points did you find most insightful?
2. **Identifying the Burden:** In what specific areas of your life (work, relationships, internal pressure, expectations) do you feel the most "weary and burdened" right now?
3. **Redefining Rest:** Jesus offers "rest for your souls," which is often deeper than just physical sleep. What does true, soul-level rest look like in daily life, and why is it sometimes so hard to accept?
4. **Understanding the Yoke:** Jesus invites us to take His yoke upon us, describing it as "easy" and His burden as "light." How is carrying Jesus' yoke different from carrying the expectations of the world or our own making?
5. **Learning Gentleness and Humility:** Jesus describes Himself as "gentle and humble in heart." How does His character change the way you approach Him when you feel overwhelmed or like you've failed?

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LIVE IT OUT: This week, intentionally pause whenever you feel overwhelmed to surrender your heavy expectations, trading your self-reliance for Christ's gentle and steady guidance.

ANNOUNCEMENTS: Take this time to share group announcements. Announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications. Remember to subscribe to our YouTube channel!

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: care@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: care@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR: CALL: 804.643.4000 and Press 1 for the Dial by Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Lisa Johnson: lisa.johnson@myspbc.org.
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.*



Small Group Leader Guide

Would you like to START or JOIN a Small Group at Saint Paul's?

Most existing groups are open to new group members, and new groups begin on a regular basis. If you have friends in a small group, ask about joining their group. If you are new to Saint Paul's and are looking for a place to connect, please feel free to contact us and we will do our best to help you find the right group.

Leader Tips:

The GPS document is a guide for discussion. Don't feel like you must use every question. Some questions will take a while to work through while others will be over in a few seconds!

1. Don't teach the lesson. The lesson was taught on the weekend. Just ask questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Relationships, not curriculum, are the heartbeat of our small groups. So, have fun with the people in your group.

Agenda for a Small Group Gathering

Gathering Time

Take 5-10 minutes to welcome everyone, catch up and if planned, share some food!

Discussion Time

Here's a suggested format:

1. **Ice Breaker** – Lighthearted icebreaker question (5-10 min.)
2. **Discussion** - Discussion time, Bible study, application challenge (30-40 min.)
3. **Prayer** – Prayer requests and praying for one another (10-20 min.)
4. **Planning** – Remind the group of how we serve together (e.g. usher, sing, greet, pray, etc.)