

Questions:

1. Do you think life today is busier and more stressful than it was 20-30 years ago? Explain your answer.
2. What are some ways that people deal with the stresses of life?
3. Read Luke 10:38-41. Are you more like Mary or Martha in this story? Why do you think we are so "addicted" to activity? How is it possible that setting aside time to "sit at the feet of Jesus" might actually make us more productive?
4. Read Matthew 11:28-30. What do you think Jesus means by "rest?" Can you give an example of how these verses have been true in your own life?
5. Read John 15:1-5. What are some lessons we can learn from the illustration of the vine and branches?
6. What are some specific things we can do to develop our relationship with Jesus Christ?
7. What will you do differently as a result of tonight's lesson?