



GROWTH GROUP DISCUSSION QUESTIONS
Fall Quarter – Lesson 7 – Week of October 26, 2025
Lesson: CARRYING THE WEIGHT OF LIFE

Bible Verses: Psalm 23:1-3; 1 Peter 5:7; Matt. 11:28-30; Philippians 4:6-7; Matt 6:19-21; Luke 21:34

GETTING TO KNOW YOU

1. If your life were a story, what would its central theme be?
2. What's the most unusual or funny thing that's ever happened to you at church?

DISCUSSION

To understand the freedom found in Jesus Christ, picture yourself walking through the airport trying to carry four pieces of luggage. Sometimes our lives are like managing many bags through the airport. If we let him, God will lighten our loads. But how do we let Him? May I invite you to a familiar psalm? The Twenty-third Psalm. You know how it starts. Read Psalm 23:1-3.

Is there a more beloved psalm? It's framed and hung in hospital halls, written on prison walls, quoted by the young, and whispered by the dying. This psalm is in the hearts of many. One of those hearts might be yours.

1. What connection do you have with this psalm?
2. Where do these verses transport you?

Psalm 23 is for a minister what medicine is to a doctor. You may have been asked to read this psalm to a sick or dying person. Sometimes, when the weight of life bends us down, we often turn to it for refuge. God can use this psalm to lighten your load.

Remember, you are under the care of God, and He doesn't want you to carry the weight of this world (death, disappointment, broken relations, money problems, and other cares). God wants to use you, but first, you must drop some stuff. What stuff do you need to drop? Have you ever thought about how the excess baggage you're carrying affects your relationships?

We must be aware that there are enemies of our faith. Satan wants you to get weary and weighed down so that he can use you. The enemy wants to hinder the spiritual growth of Christians. So, we must know how to avoid anything that can stop our progress of faith. We are told in scripture to lay aside or put down every weight that impedes our Christian Walk.

How to Minimize the Weight of the World

1. Cast your burdens on God.
2. Give your anxieties to God.
3. Detach from worldly concerns.
4. Prioritize spiritual growth.
5. Maintain an intimate relationship with God.

Take Jesus up on His offer and learn how to travel light. Jesus invites you to drop the baggage you try to carry through life.

1. Traveling light means trusting God with the burdens you were never meant to bear. What does it mean for you to trust God as your shepherd (Psalm 23:1)?
2. Shepherds lead their sheep into "green pastures" where they can find nourishment and rest (Psalm 23:2-3). How does your heavenly Shepherd do this for you?
3. How has your heavenly Shepherd guided you in life?
4. The baggage of life can weigh you down and hinder your pursuit of God's plan for your life. What does Jesus warn about "the anxieties of life" (Luke 21:34)?
5. Why is it so important for followers of Jesus to stay focused on His way?
6. What kind of "baggage" from your past do you feel that God is calling you to let go of today?

Carrying the weight of the world on your shoulders can lead to immense pressure and responsibility. I want to challenge us to consider rearranging our lives so that we are carrying less weight. Travel lightly!

Prayer Focus: Lord, today the world feels heavy. Thank you for being the God who lifts burdens. God, help me to realize that you are greater than everything that worries me and weighs me down!