



## Discussion Guide / Week 1 / Grace: the Relief from Deserving

### Opening

Share a high/low from your week or a moment you felt relief.

What small thing helped you catch your breath this week?

### Dig In

We all self-soothe in different ways (Netflix, food, exercise, zoning out).

**How do these “relief habits” help, fail to help or worse yet become destructive?**

Matthew 11:28. *“Come to me, all you who are weary and burdened, and I will give you rest.”*

**What kinds of burdens do people carry today that make this invitation especially meaningful?**

The sermon defined grace in different ways: **one-way love, unmerited favour, sacrificial love for the unlovable** and finally as a **gift**.

**Which one do you relate to the most?**

**How does the grace Jesus offers challenge the way the world usually works?**

### Live It

The sermon described the world of “deserving” as an **ever-increasing treadmill** where the goalposts constantly move.

**Where do you feel this treadmill most in your life right now?**

Jesus spent His time with those who could give nothing in return — the sick, outcasts, and sinners (Mark 2:17).

**What would it look like for you to love someone in your life this week with nothing expected in return?**

Grace is received with empty hands, rather than receiving by earning.

**What might you need to “put down” in order to receive grace rather than strive for deserving?**

### Wrap Up

How did the Steven Bradbury illustration help drive home the point of grace as relief from the deserving?

Reflection: Where do you need to move from earning to receiving grace this week?

Pray as a group for each other and for your study of God’s Word.