



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.