

Life Group Notes & Discussion Guide, February 22nd, 2026

“Lessons from Jesus”

“Freedom from the Burdens of Life”

Sermon text: **Matthew 11:25-30**; Old Testament Text: **Psalm 115:12-18**; New Testament Text: **Galatians 5:13-15**.

Read **Matthew 11:25-30** as you listen to the sermon, then answer the questions below.

1. Read **Matthew 11:25-26**. When Matthew writes, ***At that time Jesus declared***. To what time was he referring?

2. When Jesus says to His Father in **Matthew 11:25**, ***“I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children,”*** to whom was He referring as ***the wise and understanding?***

3. Were those people truly ***wise and understanding?***

4. To whom was Jesus referring when He said, ***His Father had revealed them to little children?***

5. Read **Matthew 11:27**. What did Jesus mean when He said, ***“All things have been handed over to me by my Father?”***

6. To whom did ***Jesus choose to reveal His Father?***

7. Read **Matthew 11:28**. Is the call Jesus issues here intended for all people? (Explain your answer.)

8. What will determine whether people answer this call or ignore it?

9. Read **Matthew 11:29**. In **Matthew 11:28-29**, what 3 things does Jesus command us to do?

10. Read **Matthew 11:30**. Why is *Jesus's yoke easy and His burden light*?

11. What will you remember most from this message?

Discussion Guide for Your Life Group Meeting

- I. At your Life Group meeting, first read **Psalm 115:12-18** aloud. It can be helpful to have several people each read one verse from their Bible. This helps people feel involved and can also introduce some interesting discussion if several translations are used. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
1. Read **Psalm 115:12**. Now read **1 Chronicles 16:15-17**. How does this passage from **1 Chronicles** help us to better understand how God *remembers us* & why He will *bless us*?
 2. How often do you stop to think that the covenant God established with Abraham, Isaac, & Jacob also extends to us?
 3. Read **Psalm 115:13**. Name some ways you've felt the Lord's blessings in your life because you *fear Him*?
 4. Read **Psalm 115:14-15**. Why does this passage make such an effective priestly blessing?
 5. Read **Psalm 115:16**. Now read **Genesis 1:28-30**. What do these 2 passages tell us about the kind of relationship God wants to have with His people?
 6. Read **Psalm 115:17-18**. If this passage is true, (And it is!) what does it tell us our worship should be like?
- II. Next read **Galatians 5:13-15**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions.
1. Read **Galatians 5:13**. Why do you think the apostle Paul felt it was necessary to warn the Galatians (and us) that we are not to abuse our freedom?
 2. Read **1 Peter 2:16; 1 Corinthians 9:19, 2 Corinthians 4:5; and Ephesians 5:21**. How do these verses help to strengthen the message Paul was sending in **Galatians 5:13**?
 3. Read **Galatians 5:14**. Why does Paul believe the command: *Love your neighbor as yourself* sums up the *entire law*?
 4. Thinking back to when Jesus gave this command in **Matthew 22:39 & Mark 12:31**, can you think of one major omission from the *entire law*?
 5. Read **Leviticus 19:18**. If God was already emphasizing the command: *Love your neighbor as yourself* this early in the Old Testament, what does it tell you about its importance?

6. Read **Matthew 5:43-44** & **Galatians 6:2**. How do these two verses help strengthen our understanding of what it means to *Love your neighbor as yourself*?
 7. Read **Galatians 5:15**. How do Paul's words here help us to better understand what a non-loving attitude toward our neighbors looks like?
- III. Read **Matthew 11:25-30**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
1. Read **Matthew 11:25-26**. When Matthew writes, *At that time Jesus declared*, to what time was he referring?
 2. When Jesus says to His Father in **Matthew 11:25**, "*I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children,*" to whom was He referring as *the wise and understanding*?
 3. Were those people truly *wise and understanding*?
 4. To whom was Jesus referring when He said, *His Father had revealed them to little children*?
 5. Read **Matthew 11:27**. What did Jesus mean when He said, "*All things have been handed over to me by my Father*?"
 6. To whom did *Jesus choose to reveal His Father*?
 7. Read **Matthew 11:28**. Is the call Jesus issues here intended for all people? (Explain your answer.)
 8. What will determine whether people answer this call or ignore it?
 9. Read **Matthew 11:29**. In **Matthew 11:28-29**, what 3 things does Jesus command us to do?
 10. Read **Matthew 11:30**. Why is *Jesus's yoke easy and His burden light*?
 11. Do you regularly avail yourself of Christ's command to *come to Him & release your burdens to Him*?