

# One Last Thing

## Sermon Based Questions

*"Palm Sunday - One Last Thing"* – Andrew Friesen

March 29, 2026

Andrew's message invited us to think about how "lasts" in life carry unusual weight, and how Jesus used His final week to focus on the hearts of His disciples. As Palm Sunday points us toward the cross and resurrection, this sermon challenged us to notice what weighs our hearts down and to respond by bringing it honestly to Jesus.

## Share

1. What is one "last" you remember really clearly, like the last day of school, last day at a job, or last time doing something fun?
2. If you knew this was your last week before a big life change, what is one thing you would make sure to do or say?

## Discuss

3. Read Luke 21:34-36. Discuss what stands out to you about Jesus' warning to "watch yourselves" and "stay awake."
4. Andrew described dissipation, drunkenness, and the cares of life as things that numb, control, or drown the heart. Which of those ideas feels most striking to you, and why?
5. Read Mark 13:33. Discuss what spiritual alertness looks like in ordinary life, not just in dramatic moments.
6. Read Luke 22:45-46. What do you notice in the contrast between Jesus praying and the disciples sleeping, and what does that reveal about human weakness?

## Reflect

7. Andrew asked, "How are you? How's your soul?" What would your honest answer be right now?
8. Read Isaiah 53:4-5. Reflect on what it means that Jesus carried our griefs and sorrows, especially when your heart feels heavy.
9. Where in your life are you most tempted to "hit snooze" spiritually instead of staying awake to what God is doing?

## Apply

10. What is one practical way you can stay more spiritually awake this week when you feel numb, anxious, or overloaded?
11. Andrew suggested praying, "Jesus, my heart feels heavy, but I'm here and I want to be awake with you." When this week could you intentionally pray that prayer?