

JOURNEY™

DISCIPLES

PARENT GUIDE

LESSON 3.4: RHYTHMS

SCRIPTURE: MATTHEW 11:25-30

SUMMARY:

Here's the really amazing thing in today's passage: Jesus invites everyone listening to Him to come and know God! God is ready and willing to be discovered through faith in His Son. Sometimes Christians think that following Jesus means trying harder and harder, doing more and more. If we're not stressed out, we must not be trying hard enough. But that's a lie!

This week, we are encouraging students to ease up and trust God to work through them instead of trying so hard to prove themselves. Jesus has already done all the heavy lifting.

CORE VERSES

Matthew 11:28-30

CORE CONCEPTS

God created us to live our lives according to His design.

RHYTHMS:

Regular patterns of movement or behavior

DISCUSSION QUESTIONS:

- Talk to me about the most interesting thing you learned from this week's lesson.
- Do you ever feel tied down like you are trying to prove yourself to God?
- What is your favorite tradition or rhythm of your faith?
- Are you experiencing the effects of living within God's design?
- Describe your next steps based on what you've learned. How can I help?