

Lesson #8: Jesus, Burden Bearer

Welcome Prayer & Review of previous week: Jesus, Teacher of Righteousness (15 minutes)

- The greatest teacher that ever lived gave the greatest sermon ever preached – The Sermon on the Mount.
This sermon is the essence of Christianity. It is about the heart, and for the glory of God and not of our own personal righteousness. It is the sermon that makes Christianity different from all other religions.
Jesus was telling them there was more to life. He emphasized the Kingdom of Heaven. And He taught it with authority, as the Teacher of Righteousness.

Where is Sermon on the Mount found in the Bible? Matthew 5-7

- Many sayings and symbolism in our culture today come from The Sermon on the Mount. Here are the main items that make up the Sermon:
 - 1) The Beatitudes – Heart Attitudes, Jesus talks about character first in the sermon. Blessed – means approval from God, based on His love and grace, not just following rules. From this springs joy.
It is good news for bad people. Blessed are those who need God, and mourn their sin.
 - 2) Be the Salt and Light
Salt preserves and prevents decay, makes things taste better, makes life better.
Light dispels darkness. The only way you see darkness is by light.
 - 3) Personal relationships – preserve them. Anger is murder in our heart.
 - 4) Go the second mile, turn the other cheek – forgiveness
 - 5) Love your Enemies – love is intentional, constantly pursuing
 - 6) Lord's Prayer – store up treasure in heaven, do not put attention on yourself when you pray
 - 7) Golden Rule – first said by Jesus, positive emphasis on doing
 - 8) Do not worry - look at creation and how God takes care of it, The Creator
 - 9) Do not judge – mourn our own sin first, need to know sin in order to get the remedy but do it with love
 - 10) Don't toss pearls to swine – be discerning, do not give what is holy to dogs or they will trample on it and destroy. Beware of false hope.
 - 11) Keep asking, searching, knocking – Jesus encouraged people to seek the truth
 - 12) Narrow Gate – we must lay everything down to enter
 - 13) 2 Kingdoms – one of God and one not of God. Jesus said, "Not everyone who says to me, 'Lord, Lord' or prophesies in my name will enter the kingdom of heaven, but he who does the will of My Father will enter. I will declare, 'I never knew you. Depart from Me.'"
 - 14) House built on rock or sand – hear the Word and act on it, so when the rains come your house will still stand.
- We are only able to accomplish all these things through The Holy Spirit, not of ourselves.

Homework Discussion – In small groups (30 minutes)

Choose a few questions ahead of time from each of the five daily studies to discuss in small groups, or you can use the sample questions below.

Study 1: The Beatitudes

- Page 104 - Questions 1, 2, 4, 6

Study 2: Personal Relationships

- Page 107 - Questions 1, 2

Study 3: Giving, Praying, Fasting, and Treasure

- Page 109 – Questions 1, 7
- Page 111 – Questions 1, 2

Study 4: Anxiety and Judgement

- Page 113 – Questions 1, 2
- Page 114 – Questions 1, 5

Study 5: Golden Rule, Narrow Gate, Fruit, and Foundation

- Page 116 – Questions 1, 3
- Page 117 – Questions 1, 5, 6

Lesson Intro for video: Jesus, Burden Bearer (5 minutes)

- *“Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and You will find rest for your souls. My yoke is easy and My burden is light.” - Jesus (Matthew 11:28-30)*

One of the most powerful and reassuring statements ever said.

- Rest for our souls (through grace) – rest from not being good enough and rest from trying to be perfect. It is for the destitute, the overwhelmed, the burdened, the sick, the addicted, and all those who seek Him. It is not a temporary fix but a lasting rest that only Jesus offers.

Video Lesson (45 minutes)

Discussion & Table Prayer Requests (20 minutes)

- What burdens do we carry today that Jesus can bear for us? (Make a list at home and pray over them)
- How is grace shown in Jesus’ actions as the Burden Bearer?
- Share prayer requests with your group.

Ending Prayer (5 minutes)