



Scripture: Lk 2:7b, Mt 11:28-30, Ph 4:6-7

GETTING STARTED

- What is one thing you wish you didn't have to do this Christmas season?
- What do you remember from the message on Sunday

DIVE IN

- Read Mt 11:28-30. Why do you think the holidays can feel like a burden sometimes?
- Read Ph 4:6-7.
 - What does this passage tell us about dealing with our anxieties?
 - V7 says that the peace of God will guard our hearts and minds in Jesus when we ask. Why is that better than getting what we asked for?

MAKE IT PERSONAL

- Cody described the symptoms of “innkeeper’s disease” as (1) a season of busyness that becomes a lifestyle, (2) constant exhaustion, stress, or anxiety, (3) consistently missing important family functions, (4) anger when someone says that you’re too busy, (5) feeling guilty for being off from work, and (6) not setting good boundaries with work, kids’ activities, events, etc. Which of these do you struggle with most?
- Have you ever delayed or missed out on something that God had for you because you were too busy at that moment? If so, share that situation with the group.
- What would it look like for you to rest with God this Christmas season?
- What are you anxious about going into Christmas? (**Pray over these things right now.**)

MAKE IT REAL

Make a plan this week of how you will rest with God during the Christmas holidays. This will take more time up front but will bless you in the end. Plan time with Jesus, rest with your family, say no to one more event, and enjoy the abundant life that exists in Christ. That’s why Jesus came at Christmas in first place.