

PLEASE READ BEFORE LEADING DISCUSSION

- Recommended questions are highlighted in bold, but select 5 or 6 questions you think will work best for your group discussion. You likely won't have time to discuss all of the questions so choose which questions you will ask ahead of time and make sure to provide plenty of time to focus on the application questions.
- Feel free to edit or reword questions to best fit your group.
- You may want to share the link to these questions with everyone so they can follow along with the questions as you read them.
- Check out this Facilitation Guide (<http://bit.ly/CGFacilitationGuide>) for tips on leading good discussions.

ICEBREAKER (5-10 Minutes)

1. **Share your name and answer one the following questions:**
 - **When life gets tough and you need a change of scenery, where do you like to go to recharge?**
 - What is your idea of the perfect vacation?

OPENING THE DISCUSSION (5-10 Minutes) – Have someone recap the message in about a minute or two and then ask the following questions:

2. **What quote, Bible verse, story, or question stood out to you from this week's message?**
3. What are practical ways to carry burdens during COVID?
4. What are the ramifications of this message for our current cultural moment?

DIGGING DEEPER (10 Minutes) – *ask everyone to follow along in their Bible or Bible app. You might consider pulling up these passages online and sharing your screen to review them together.*

5. **Read Galatians 6:1-5.**
 - **What words or phrases stand out to you from these verses?**
 - What might it look like to restore a person gently?
 - **When you have had heavy burdens, who has helped you carry them?**
 - In what ways can pride prevent us from caring for others?

APPLYING IT (10-20 Minutes)

6. **Matt shared 3 actions steps in this sermon: 1. See more needs. 2. Default to compassion. 3. Reject comparison.**
 - **Which one of those action steps do you need to focus on this week?**
7. Matt summarized his main point by saying, "If it's too heavy for you, I'll carry it too."
 - Whose load can you help carry this week?