

Are You Ready to Lay It Down? | Burdened | Week 1

October 11, 2026 | You can view the message here: centralcc.ca/watch

Group Discussion

1. When have you experienced a moment of unexpected freedom or relief from something that was weighing you down (emotionally, or physically like Pastor Mario's paragliding experience)? What made that experience so refreshing?
2. Burdens we were never meant to carry are things like worry, guilt, unforgiveness, and the pressure to control our image. Which of these do you or people around you seem to struggle with most? Why do you think these burdens can be so difficult to put down?
3. Read Matthew 11:28–30 in 2 different Bible versions. Jesus invites the weary and burdened to come to Him and take His yoke upon them. What stands out to you about Jesus' invitation? How is the rest He offers different from simply taking a break or escaping our responsibilities?
4. At Central, we're often reminded that our frustrations and complaints can sometimes point to something God wants us to care about. Can you think of a need or situation that consistently weighs on your heart? What might it look like to move from frustration to compassionate action?
5. And in 1 Peter 5:6–7, we're encouraged to cast our cares on God because He cares for us. How might releasing our own heavy burdens help us become more available to carry God's compassion for others? Is there a person, place, or need God might be inviting you to pay attention to this week?

Prayer

Jesus, thank You for inviting us to lay down the burdens we were never meant to carry and for offering us rest. Help us trust You with our worries and pain, and open our hearts to see the people and needs You are calling us to care about. Show us how to carry Your compassion into the brokenness around us and how to use our own experiences to bring hope, love, and healing to others. Amen.