

How We Perceive Reality

Key Scriptures

Colossians 2:13-15

¹³ When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins,

¹⁴ having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.

¹⁵ And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

Matt. 11:28-30 ²⁸ "Come to me, all you who are weary and burdened, and I will give you rest.

²⁹ 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.

³⁰ For my yoke is easy and my burden is light."

1 Pet. 5:6-7 ⁶ Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

⁷ Cast all your anxiety on him because he cares for you.

Key Point: Jesus is the one who carried our sin on the cross, and carries our burdens.

TALK IT OVER

Start talking: Pick a conversation starter for your group.

- How would you explain or describe to someone what a "world view" is?

Start thinking. Ask questions to get your group thinking.

- If a worldview is a way that we perceive reality, why does it matter what a person's worldview is?
- Andy mentioned that we carry a number of invisible things: fear, wounds, guilt, despair, grief. Our society often says we are supposed to carry these things. But what are some things Scripture says we should carry? (Gal. 6:2, 5; Matt. 28:19-20, Acts 1:8; 1 John 5:3; Phil. 2:3-4).
- What is Colossians 2:13-15 telling us?
- When Paul referred to Jesus triumphing over powers and authorities by the cross, what do you think he was referring to? Spiritual powers? Philosophical Ideals embedded in culture? Roman rulers? (see 2 Cor. 10:4-5, Eph. 6:12)

Start sharing. Choose a question to create openness.

- What are God's promises in Matt 11:28-30 and 1 Peter 5:6-7?
- What are some of the burdens you are unnecessarily carrying this week, which you need to let go of and let God carry?

Start doing. Commit to a step and live it out this week!

- From the list of things you are carrying that you need to let go of, take time each day to pray (out loud) and give these things over to God. Depend on Him. He is strong enough to carry you and all you need.

Prayer Requests. It may be helpful to pray the scriptures back to God.

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