

Introduction:

1. What kind of physical training have you done? If you haven't done any, what is the main obstacle?
2. How have you done at keeping resolutions (for New Year's etc)?

Understanding:

3. Read Jeremiah 6:16. How is rest described here? Why do the people miss out on it? Do you ever have that same refusal? Why? What is the remedy?
4. Read Matthew 23:25. When are you most likely to present a better outside than what is going on inside? Why might Jesus be less harsh towards us than to the Pharisees? (Hint: who is able to ADMIT that they have a problem?)
5. Read Matt 23:6. You probably never literally looked for the place of honor at a banquet, but when have you slipped from an OK wish to be quietly complimented for doing something to craving that you be recognized for it ?
6. Acts 15:10 is a criticism of trying to force new Christians to follow a set of rules. How is the yoke here different from the yoke that Jesus gives?
7. Read Matt 23:4. When have you felt superior because of being obedient in a small matter? Why is Jesus so critical of this?
8. Read 1 John 5:3. Do Jesus' commands ever seem burdensome to you? What do we show when we obey? How does today's teaching begin to change your attitude?
9. One commentator said "Rightly understood and followed, God's commandments bring believers great joy and freedom, not a sense of oppression" Is this comment valid? Use scripture from today's teaching to justify your answer.
10. Read John 3:8. Explain the connection between the power of the spirit to get things done and our own responsibility to train ourselves in the Lord.

Application:

11. Read Psalm 1:2, Psalm 112:1 and Psalm 119:35 .What do all 3 of these have in common? How do they connect to taking on Jesus' yoke? Ask the Lord to increase that delight in you as we prepare to move through the rest of this series.
12. Read 1 Timothy 4:7 and 1 Corinthians 9:25. Both these verses deal with entering into training. Remember that it is not just a rugged, self-discipline thing. But be honest about any hesitancy you have regarding a decision to enter a life of training and ask the Lord to begin preparing your heart.