

HOPE IN ALL SEASONS

Finding Blessings in Your Burdens - 1 Peter 1:1-12 Message Reflection Guide

READ Matthew 11:28-20 I awoke to pitch darkness. I hadn't slept more than thirty minutes and my heart sensed that sleep wouldn't return soon. A friend's husband lay in the hospital, having received the dreaded news, "The cancer is back—in the brain and spine now." My whole being hurt for my friends. What a heavy load! And yet, somehow my spirit was lifted through my sacred vigil of prayer. You might say I felt beautifully burdened for them. How could this be?

In Matthew 11:28–30, Jesus promises rest for our weary souls. Strangely, His rest comes as we bend under His yoke and embrace His burden. He clarifies in verse 30, "For my yoke is easy and my burden is light." When we allow Jesus to lift our burden from our backs and then tether ourselves to Jesus's yoke, we become harnessed with Him, in step with Him and all He allows. When we bend under His burden, we share in His sufferings, which ultimately allows us to share in His comfort as well. – **Elisa Morgan**

CONVERSATION STARTER

How have you recently experienced a blessing from God?

GETTING INTO THE SCRIPTURES READ 1 Peter 1:1-12

Pastor Jason said: **Hope from God prepares and encourages the suffering soul to steadfastly continue in spiritual battle.** Why is it important to recognize that we are not only fighting earthly battles but spiritual ones as well?

Blessings come from God. To what do people often turn to in times of sorrow or suffering? How can turning to earthly things prevent us from experiencing comfort from God? How can they be beneficial?

God's blessings outweigh the world's burdens. What did Peter tell his readers they may have to suffer or endure? What benefit, if any, is there in burdens and suffering?

God's blessings outlast your burdens. Our hope lies in salvation and eternity. What do you think heaven will look like, sound like and smell like? How has God given you peace in the midst of a burden? How has he used you to carry other's burdens?

CHALLENGE

What burden are you facing right now? Who is walking with you as you carry this burden? How do you need God's help to walk from burden to blessing? If you have survived a season of burden, how can you be used by God to minister to someone going through a similar season?