



DISCIPLE GROUP CURRICULUM CURRICULUM GUIDE

How to: Christmas- Week 2
December 10-13, 2020

LEADER NOTES

Coach and Leader Gathering | January 11 | Doors open at 6:00PM for dinner and childcare
The event starts at 6:30PM. Then, at 8:00PM there is a new coach training and new leader training. RSVP: coe22.com/coachandleader.

GROUP ANNOUNCEMENTS

Serve | We love by serving people that Jesus brings into our lives, serving our church family, serving our community and the world. Visit the connect center at your home campus to talk with someone about serve opportunities. For more information visit coe22.com/serve.

New Leader Trainings | December 14 at 6:00PM | All Campuses

Take the next step on your discipleship journey. If you're interested in leading a disciple group go to coe22.com/newleader to fill out the interest form and come to a training event.

Baptism Classes | Now – December 27 (no classes on Christmas Eve) | Every Campus

Eleven22 celebrates surrendering our lives to Jesus with believers baptism, a public proclamation of Jesus Christ as our Lord and Savior. If you'd like to take the next step and get baptized, join us for a baptism class. Learn more or join a class online at coe22.com/baptism.

MEMORY VERSE All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness – 2 Timothy 3:16

THIS WEEK'S READING PLAN:

Sunday – Genesis 1-2:3

Monday – Matthew 11:28-30

Tuesday – Hebrews 4:1-13

Wednesday – Psalm 46

Thursday – Psalm 4

Friday – Philippians 4:4-9

Saturday – Mark 4:35-41

Week 50 - Morgan is in a preparation season as she prepares to launch to central Africa. Please pray for Morgan as she leans into her specific calling as a cross-cultural ministry, pray for her family as they navigate next steps and for continued peace and endurance as plans come together. **Missionary – Morgan Duran – Roots for Life – Chad, Africa**

CONNECT AND CHECK-IN:

WHAT'S HAPPENING IN YOUR LIFE: (Use as needed for your group this week)

- What is one way you are approaching the Christmas season differently this year?
 - What win or struggle did you experience this week?
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How To: Christmas - WEEK 2: Slow Down

The Point: Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. – Matthew 11:28-30

SERMON TEXTS: Genesis 1-2:3

Discussion Questions

(The goal is to grow in our relationship with Christ and each other. It is ok if you don't cover every question).

DISCOVER

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1. Today our subject is rest. What is it about the holiday season that makes rest such a rare commodity? *(Answers will vary. Most people say they can't rest because there is so much to do and they want it all to be perfect and it never is. People complain how tired they get, especially of the commercialism at this time of year. We are desperate for rest).*

As a group, read Genesis 1-2:3 (options: everyone read silently, go around reading one verse at a time, or let three or four people read out loud).

2. Genesis 1-2:3 is the account of creation. The pinnacle of creation is the creation of man and woman. From the text, how is the creation of humans both similar and different from the creation of everything else? *(Humans, animals, plants, everything is all created. However, mankind is unique in that we are made in God's image and likeness. Also, to men and women He gave dominion over the rest of the creation. We are told to be fruitful and multiply and fill the earth. Finally, like God, we are the only creatures who ever experience rest).*

3. After God has finished the work of creation in six days, the Bible says on the seventh day, He rested. Why do you think that God rested? *(Obviously, God, who is the all-powerful one, did not rest because He got tired. God the Father never tires. What God was doing was setting a pattern for us, that in our lives of service to Him, we need to set apart time from our labors).*

Have someone read Exodus 20:8-11 out loud.

4. Right in the middle of the commandments, God includes a commandment for rest called the Sabbath. What is it about rest that is so important that God would include it with all of these other commandments? *(Rest gives us back our perspective. By stopping from all of the rampant busyness in our lives, it makes us consider questions like: What are we living for? Who are we living for? What is the meaning of our lives)?*

DEEPEN

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Have someone read Matthew 11:28-30 out loud.

5. The people that Jesus was talking to were “heavy laden” from the Jewish religious leaders that had burdened the people with hundreds and hundreds of minuscule “rules” that effectively kept people away from God. What are some of the man-made “rules” that today, in our culture, keep people away from God? *(Examples like, you have to clean up your act before you can come to God. Or you have messed up too many times that God could never forgive you. No, Jesus came to take away your burden and bring you to God).*

6. Jesus promises rest. How does He offer it to us? Where do you most need rest, right now? *(The rest is essentially Jesus Himself. We understand from the Bible that we don't need to work our way to God. Instead, we rest entirely on Jesus and His finished work for us on the cross. Jesus perfectly paid for our salvation and now we find completeness in Him and Him alone. He is the only way to ever find true rest in this life).*

ACTION STEP

If Jesus is the one thing that drives everything else, then Sabbath rest will be a part of our life. Give yourself the gift of Sabbath rest this Christmas. This week, write out three things that fill you up and three things that drain you down and think of one step you can take towards Sabbath rest this week. Use the "How To Christmas" resources found on coe22.com/sermons.

Leaders, to help your group with finding rest this Christmas season, please download the "How To Christmas" resources and send it out in an email.

