



## Connect Group Discussion Guide

The idea of this series, “Junk in the Trunk”, is about finding freedom from the things that weigh us down.

1. Unrealistic expectations (the difference between our expectations and reality) can create a level of weight upon us. Have you ever had expectations that were unrealistic? How did you handle it when you realized they were unrealistic?
2. Here is a common thought, “When I follow Jesus my life becomes instantly easier.” Have you or anyone you knew expressed this? If so, what do you think is the reason this is a common thought?
3. Read Matthew 11:30. The truth about the journey to an easy yoke and a light burden is that it often gets harder before it gets easier. Why? Because we are learning a new pattern of life. When you attempted to change something in your life, was it instantly easy to live out that change or was it still hard for a time? What made the change process hard? How did it become easier?
4. A new pattern of living often is harder before it gets easier. It is because we go through stages:
  - Pre-contemplation: raising your awareness for needed change
  - Contemplation: ambivalence or uncertainty about the change
  - Determination: committing to change
  - Action: taking steps toward the change
  - Maintenance: achieving change and practicing it
  - Relapse: desire to return to old way(s)

Have you experienced any of these stages? If so, how did you work through it/them?

5. We have to expect a “newness” that is continual in our lives; our expectations have to adjust to this because the journey to this “newness” may seem harder at first. The Children of Israel showed us how hard it can be. In Exodus 5, they were freed from slavery and the enemy fought them (vs. 2-21). Have you ever felt like the enemy was fighting against you? Who did you lean on for support?
6. On the journey to easier yokes and lighter burdens, God does His part and we are supposed to do our part. Where do we go from here?
  - Take captive every thought (Read 2 Corinthians 10 verses)
  - Concentrate on the promises of God (Read 2 Corinthians 7 verse)
  - Not become weary in doing good (Read Galatians verse)
  - Cast your cares on God (Read Psalm verse)

How do these encourage you?

Series: Junk in the Trunk  
“Embracing the New”  
Week of June 13, 2021

### Main Idea

***A new pattern of living often is harder before it gets easier.***

### Key Scripture Reference(s)

***Various verses from Exodus 5***  
***Matthew 11:30***  
***2 Corinthians 10:3, 5***  
***2 Corinthians 7:1***  
***Galatians 6:9***  
***Psalms 55:22***

### Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

**Mon:** \_\_\_\_\_

**Tue:** \_\_\_\_\_

**Wed:** \_\_\_\_\_

**Thu:** \_\_\_\_\_

**Fri:** \_\_\_\_\_

**Sat:** \_\_\_\_\_

**Sun:** \_\_\_\_\_

*This is a constant element, so you can practically live out your faith everyday.*