

Lighten Up | Week 2

Many of us feel a heaviness in our souls. We feel crushed from within by hurts from the past, trouble in the present, and anxiety about the future. But it doesn't have to be that way. Like [David](#), we need to preach to our own souls: look back on God's faithfulness, cry out in the present, and trust in God's power for the future.

Conversation Starters (10 minutes)

- On a scale of 1-10, how heavy does your soul feel right now, and what's contributing to that weight?

Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

[Watch the Video](#) (5 minutes)

Group Discussion (45 minutes)

Starter Question from the Video:

1. What are some memories you can reflect on to remember the goodness of God?

Scripture Observation:

2. Read [Lamentations 3:19-24](#). Underline the phrase "Yet this I call to mind and therefore I have hope." What shift happens in this passage between verses 19-20 and verses 21-24?

Scripture Interpretation/Discussion:

3. The writer acknowledges his affliction and downcast soul, but then chooses to call something else to mind. What does he choose to remember, and how does that change his perspective?
4. Read [Matthew 11:28-30](#). This weekend, Chad taught that our souls get heavy when we carry what only God was meant to carry. What do you think this means, and when have you found this to be true in your own life?

Personal Application:

5. What burden are you carrying right now that only God is meant to carry? What would it look like to give that burden to Jesus this week?

Prayer (5 minutes)

"Jesus, we come to You weary and burdened. Give us rest for our souls. Help us to stop carrying what only You are meant to carry. Teach us to call to mind Your faithfulness, love, and compassion."

For Further Exploration

- Read Psalm 42:5-6. How does David preach to his own soul in this passage? What can we learn from his example?
- Practice preaching to your own soul: look back on God's faithfulness, cry out in the present, and trust in His power for the future.