

FAMILY DISCIPLESHIP GROUPS • therock.org/family
WEEK OF 10/25/2026 - 10/31/2026 • Luke 10:38-42 & Matthew 11:28-30
Share life. Read the Word. Pray for grace to obey.

THE PASSAGE | Luke 10:38-42 & Matthew 11:28-30

SUMMARY: We live in a world that is ever-increasing in busyness and anxiety. A hundred years ago, life was so much simpler. Today, things we consider necessities—smartphones, computers, cars, the internet, etc. - all promise to make life easier, yet often leave us more distracted, overwhelmed, anxious and exhausted. Jesus gives us the only true solution to all our busyness and anxiety. In these verses in Matthew 11 and Luke 10, we see that the solution is Jesus Himself! If we come to Jesus, He promises to give us rest, if we don't come to Him, He promises nothing.

One of Satan's greatest deceptions is keeping us so busy with the things of this world that we neglect the very reason we were created - to draw near to Jesus…to abide in Him. We must remain steadfast in Christ, for He tells us that apart from Him, we can do nothing! (John 15:5) May we practice now, what God intends for eternity…to abide with Him forever (Revelation 21:3).

LOOK BACK | *Around the Table*

Share a meal and make room for testimony. Let the conversation be natural—this is a chance to notice and celebrate what God is doing among us.

- Where have you seen Jesus at work in your life this week?
- What are you thankful for right now?
- Is there an answered prayer, testimony, or moment where you sensed the Lord meeting you?

LOOK UP | *In the Word*

- What stood out to you in this passage?
- What was challenging?
- What does this reveal about God's heart?
- What is my obedient response?

LOOK FORWARD | *Pray for One Another*

Turn what you have heard into prayer. Pray together for grace to obey and for needs that are shared.

- Pray for grace, courage, and strength to obey what God highlighted from His Word.
- Pray for the situations, relationships, decisions, burdens, and needs in one another's lives.

PURPOSE OF FDG's:
To raise up disciple-making believers who follow Jesus by experientially teaching others to walk in His ways.