



REST IN *peace*

SUMMARY

This message calls out the ancient temptation to “play God”—to carry the government of our lives on our own shoulders—and shows the way back to peace: let **Jesus** carry what only He can. From Bruce Almighty to Eden (Gen. 3:5), we see what happens when we hit “reply all” to control: chaos, burnout, compromise. But Isaiah promises the **government is on His shoulders** (Isa. 9:6–7). Jesus calls us to **risk it all** (leave and give our all), **relinquish control** (trust the Tower; Prov. 3:5–6), **refuse other drivers** (don’t let voices/feelings steer; Isa. 26:3), and **return our cares to the Caretaker** (Matt. 11:28–30; 1 Pet. 5:7). When we surrender nets, wheels, and lunches, He gives back peace, purpose, and more than enough.

Questions and Responses:

Discussion

1. What part of the “playing God” idea hit home for you tonight? Why?

Leader Response:

Let them name where control shows up (school, sports, dating, grades, image). If they stall, point to one of the talk’s anchors:

- The *weight* of life isn’t designed for our shoulders (Isa. 9:6–7).
 - Control promises peace but produces anxiety; **surrender** produces peace.
 - You can *survive* by gripping, or *thrive* by giving it to Jesus.
-

2. Where do you most feel the pressure to “be God” in your life right now?

Leader Response:

Normalize it: perfectionism, overthinking, FOMO, family pressure. Ask follow-ups: *What do you do when the pressure spikes? How’s that working?* Redirect to truth: Jesus invites a yoke that fits and *actually* rests the soul (Matt. 11:28–30). Practical next move: identify one pressure you’ll hand to Him *tonight* in prayer.

3. **RISK IT ALL** — If Jesus said, “Come, follow Me,” what would you have to *leave* and what would you have to *give*?

(Read Matt. 4:18–22)

Leader Response:

Help them name “nets” (identity/career/comfort/habits) and “boats/father” (security/approval/old plans; Ps. 139:13–16). Clarify: the disciples weren’t reckless; they were **responsive**. “Chosen” = the ones who say **yes** (Matt. 22:14). Encourage a concrete step: *What’s one ‘net’ to drop this week (app, habit, relationship boundary)?* Then celebrate small, costly obedience.

4. **RELINQUISH CONTROL** — In the airplane picture, what does it look like for you to trust the “Tower” this week?

(Read Prov. 3:5–6)

Leader Response:

Translate image → action:

- **Submit your route:** 5–10 daily minutes to ask, “*Lord, what’s today’s next right step?*”
 - **Follow instruments:** Let Scripture steer over feelings (Heb. 12:2).
 - **Hands off the wheel moments:** When anxiety spikes, pray, “*Jesus, I’m choosing Your runway, not mine.*” Expect peace *in* motion, not just in stillness.
-

5. **REFUSE OTHER DRIVERS** — Which voice tries to grab your keys most: friends, social media, a leader’s cynicism, or your own feelings?

Leader Response:

Affirm good voices (parents/pastors/mentors) get a **seat and a say**—not the **keys**. Caution the common hijackers:

Fear (Peter): Eyes off Jesus → sink (Matt. 14:28–31).

- **Lust (David):** “Shortcut to joy” → wreck (2 Sam. 11).
 - **Anger (Moses):** One outburst → long detour (Num. 20).
 - **Comparison:** Copy/paste someone else’s race → miss yours.
Coach a boundary: mute/unfollow, time limits, honest check-ins. Promise: **steadfast minds = perfect peace** (Isa. 26:3).
-

6. **RETURN YOUR CARES** — What’s one “library book” (care) you’ve kept too long—an outcome, expectation, secret, or shame?

(Read 1 Pet. 5:7; Matt. 11:28–30)

Leader Response:

Differentiate two piles:

- **Cares He carries *with* you:** responsibilities, decisions, future.
Cares He carries *away from* you: guilt, shame, sin (Ps. 103:12).
Lead a practice: open hands, breathe out the care, pray, “*Jesus, I’m returning what I borrowed. I take Your yoke.*” Encourage them to tell a trusted leader if it’s heavy.