

# Group Leader Guide

## What Would Jesus Say – part 6 “to the Discouraged”

### Sermon Recap

What if your exhaustion and discouragement aren't signs you're failing, but places where Jesus meets you most? Nehemiah's wall-builders faced fatigue, frustration, failure, and fear—the same things crushing many moms and dreamers today. Pastor Chris reveals how Nehemiah didn't abandon his vision but reorganized, remembered God's faithfulness, and resisted defeat—mirroring exactly how Jesus speaks to our weary hearts. This Mother's Day message cuts through the rubble of daily life to show you're not forgotten, your efforts matter, and discouragement doesn't get the final word. Don't let another day pass feeling defeated—discover the hope that's waiting for you right now.

### Ice Breaker

If you could have an unlimited supply of one thing for the rest of your life, what would it be and why?

### Discussion Questions

1. What from the sermon stood out to you? How were you challenged, motivated, or convicted from what you heard?
2. Pastor Chris mentioned four causes of discouragement: fatigue, frustration, failure, and fear. Which of these four do you think affects you most often, and why?
  - a. Pastor Chris used Nehemiah's story to show how the workers building Jerusalem's wall got discouraged because they were tired, frustrated by all the rubble, felt like failures for not finishing on time, and were afraid of their enemies threatening them.
  - b. When you experience this type of discouragement, what are some practical ways you can recognize it early and ask for help before it becomes overwhelming?
3. In Matthew 11:28, Jesus said 'Come to me, all you who are weary and burdened, and I will give you rest.' What do you think Jesus means by 'rest,' and how is that different from just taking a nap or vacation?
  - a. Pastor Chris explained that sometimes when we think we're discouraged, we're actually just exhausted, and that Jesus understands our need for rest. He emphasized that Jesus doesn't say 'try harder' but invites us to come to Him.
  - b. What would it look like for you to actually 'come to Jesus' with your tiredness or burdens this week, rather than just trying to push through on your own?
4. Pastor Chris talked about 'rubble' in our lives - the trivial things and time wasters that distract us from what's most important. What kind of 'rubble' tends to pile up in your life?
  - a. Using the example of Martha and Mary from Luke 10, Pastor Chris showed how Martha was distracted by all the dinner preparations while Mary focused on sitting with Jesus. He explained that sometimes our discouragement comes from doing too much rather than focusing on what matters most.

- b. If Jesus were to sit down with you today and point out one area of 'rubble' you could clear away to focus better on Him, what do you think He might say?
5. When the disciples had been fishing all night with no success, Jesus told them to 'throw your net on the right side of the boat.' Sometimes we're not doing the wrong thing, just doing the right thing the wrong way. Can you think of an area in your life where you might need to try a different approach rather than giving up?
  - a. Pastor Chris used the story from John 21 where the disciples caught nothing all night, but when Jesus suggested casting their nets on the other side of the boat, they caught so many fish their nets nearly broke. He emphasized it was the same boat, water, nets, and fishermen - just a different approach.
  - b. What fears or pride might be keeping you from being open to trying a new approach in this area of your life, and how could you overcome those obstacles?
6. Pastor Chris said that when we're discouraged, we don't just lose energy - we lose perspective and forget God's goodness. When you think back over your life, what are some specific ways God has been faithful to you that you could 'remember' during tough times?
  - a. Using Nehemiah's command to 'Remember the Lord, who is great and awesome' and Jesus' message to the church in Ephesus to remember their first love, Pastor Chris showed how remembering God's past faithfulness helps us regain perspective when we're discouraged.
  - b. How could you create a practical way to regularly remind yourself of God's faithfulness - perhaps through journaling, photos, or sharing stories with others - so you're better prepared for future seasons of discouragement?

## **Prayer**

- Start by sharing any personal prayer requests with the group.
- Ask God to give us rest and renewal when we are fatigued and weary.
- Pray for God's perspective to see past frustrations and focus on what matters most.
- Seek God's courage to overcome fear and continue forward in faith.