

## Foundations of the Faith 3

### Main Idea

Rather than looking for the right things in the wrong places, Jesus invites us to heal through trusting and following Him.

### Starter

Have you ever had a moment when you've gotten lost before? How did you find your way back to the right place?

### Discuss

What is a current celebration and challenge in your life right now? (1–2-minute version)

### Scripture

Read [Matthew 2:14-17](#) and discuss:

- What stands out to you most about Jesus and what He wants for our lives?
- How did Jesus make an impact on Matthew? What was his life like before and after He encountered Jesus?
- How has the truth that Jesus came “not for the healthy, but for the sick” made a difference in your life?
- In your own words, what does it mean to you to be a disciple of Jesus?

Pick someone to read Matthew 11:28-30 and discuss.

- How do you need to receive Jesus' invitation to come to Jesus to find rest in this season of your life?
- What is a way you tend to look for the “right thing in the wrong place”? What would it look like for you to trust and follow Jesus instead?

*As a group together, spend time praying together as the Holy Spirit to experience the healing and peace Jesus offers.*

### Apply

Before you close, challenge your group to do an experiment together this week:

- Do a prayer walk every day on your own to practice “walking with Jesus” to talk with Him about your life and pray for others.
- Next week, we will plan to talk about what you learned from the experience.