



On Ramp Class

SESSION THREE

It's healthy for us to get to a point of acknowledging brokenness in ourselves and the world around us. But if we can get to this point, it quickly becomes a pretty agonizing place to sit. Staring face to face into our own insufficiencies is enough to drive us in all sorts of different directions. We feel strong impulses driving us to break out of our brokenness.

Maybe your impulse is to fix things. How can I get beyond this hole in my heart and soul? Whether through self-help work or religious performance, it's a tempting path to walk. We think we can clean up the mess of our internal worlds enough to be able to stand up to God's righteousness. But it doesn't work, and this kind of legalistic living often leaves us feeling more shackled than beforehand.

Or maybe it's through distraction that we attempt to cover up our brokenness or numb the pain away. Distractions that bring comfort, turning off our minds, or resorting to addictions that make us feel better. Or even worldly achievement, climbing corporate ladders or winning accolades and material trophies. Or finding that perfect relationship that can make me feel whole. None of these distractions leave us feeling fulfilled, only more aware of emptiness inside.

We may not all break the Ten Commandments, but we are certainly all capable of it. Within us lurks the breaker of all laws, ready to spring out at the first real opportunity.
- Isadora Duncan

What would happen if we stopped spinning our wheels? If we laid down our frantic efforts to break away from brokenness...and just allowed the Lord to do what only He could do?

Here's some questions to think about. If you're inclined to write out your answers, it only stands to help solidify and reinforce what you believe. As you come together with others, bring some of these thoughts ready to share, bringing your perspective and experience to the table. We appreciate hearing how God is leading you through this journey!

Questions for Reflection:

- Where do you connect with the idea that we are uncomfortable with our own brokenness and have an impulse to break out & escape from it?
- Do you have any experience with legalistic, performance-oriented faith? (In yourself or around you)
- How has this impacted your heart?
- How has this impacted your relationship with God?

- How have you experienced your attempts to numb, distract, outperform, etc. your brokenness just ending you deeper into brokenness?

- Where do you need to release some of your control or attempts to fix things and allow the Lord to step in and work on you?

From the Bible:

We'd love to take a bit to explore a relevant passage from our content this week. Take the time to read this passage, reflect on the questions, and bring some of your thoughts to the next class.

Read: Matthew 11:28-30

- Where in your life do you feel your own laboring or feel heavily weighed down right now?

We need a new kind of relationship with the Father that drives out fear and mistrust and anxiety and guilt, that permits us to be hopeful and joyous, trusting and compassionate. - Brennan Manning

- By contrast, have you experienced the leadership of Jesus in your life as easy and light? If not, what has it felt like instead?

- In an ideal state, how do you imagine truly experiencing rest?
 - Physically?

 - Emotionally?

 - Spiritually?

- Pick a category and detail out what true rest looks like.