

COMMUNION

Jesus wants us to remember what He has done for us and that He is here to walk through life with us. That's why He told the disciples at the Last Supper to keep coming together and taking Communion. Communion is about remembering all that Jesus accomplished through His death and resurrection. It's through His sacrifice that we receive His grace and mercy.

This week, your Life Group will wrap up by doing what the disciples did - taking Communion together. To get ready for this, read the following verses and think about Jesus' commitment and work in your life. Jot down a few thoughts on how each verse impacts you.

Romans 5:7-8

John 15:12-17

1 Corinthians 11:23-27

Take Communion with us this week! If you are not in a Life Group and would like to take Communion with us, see northcoastchurch.com/communion to follow along.

NOTES / PRAYER



Pastor Chris Brown
November 15-16, 2025
Message #29/ Matthew 11:20-30
northcoastchurch.com/sermons

Why We Get Disappointed Or Angry With God

We are simply on a different page:

Matthew 11:20-24, John 21:25

We want _____, God wants _____.

We want the _____ fixed when God is working on the _____.

Repentance: a change of _____ that leads to a change of _____.

How to get back on the same page:

Matthew 11:25-30, 1 Samuel 4:1-11, Psalm 23

Jesus' greatest desire is to be _____ by us, not _____ by us.

We need to learn how to:

_____ with Him

_____ with Him

_____ from Him

_____ from Him

NOTE: God does not promise to change our _____,
but promises to change our _____.



DISCUSSION GUIDE

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and applying God's Word to our lives.

November 16, 2025



WARM UP

1. This week, Life Groups wrap up before the holiday break. As you reflect on this quarter together in your Life Group, what is something you are thankful for or will remember from this season?

2. This weekend, we talked about the rest Jesus gives our souls, not just our bodies. What would be your ideal way to relax or rest after a stressful day or demanding season?

3. What part of the message or verses did you most need to hear this week?

KNOW IT



Re-read Matthew 11:28-30.

1. We heard an explanation of a "yoke." Can you think of a modern-day object or analogy that embodies this concept and how does it relate to Jesus' invitation?

2. Jesus calls Himself gentle and humble in verse 29. Out of all the adjectives that define Jesus, what do you think is the significance of Him using those two in this context?

3. Another excellent reminder of the rest God gives is found in Psalm 23. Read it and pay attention to the kind of shepherd He is. Notice that the psalmist is walking *through* the darkest valley, not around it, but he still finds comfort in God's presence. How does that connect to Jesus saying, "My yoke is easy, and my burden is light?"

SHARE IT



1. This weekend, we talked about how our souls can find rest even if our burdens don't actually change because true soul rest comes from Jesus. Have you met Christians who seemed to be going through hell, but they still displayed Heaven? What did you notice about them?

2. Chris talked about how the people wanted miracles, but Jesus wanted their repentance and a relationship with them. He pointed out that we often want the "presents" of God, not the presence of God. What's one area where you've wanted God to fix your circumstances more than form your character?

LIVE IT



1. We are about to head into a Christmas season that reminds us of Jesus' presence with us, and yet it can be easy to feel unrested around this time. Take a moment and examine—how rested is your soul right now? Where in your life might you need to slow down, and walk through the four steps given to us this weekend in order to surrender and reconnect with Jesus?

2. Communion reminds us that Jesus carried the heaviest burden for us. As you prepare to take Communion as a group, what is one way you want to "yoke yourself to Jesus" this week? Also, understanding repentance better, is there anything you want to repent of before we participate in this act of Communion?