

**EP 237: LET GO OF YOUR BURDEN**

Jorge Coxaj

**Open in Prayer**

**Ice Breaker** (use this one or make up your own)

Would you rather put a stop to war or world hunger? Try to choose just one.

**Discussion Questions**

1. Sometimes there are burdens that we carry, which paralyze us emotionally, mentally, and spiritually. What have you struggled with recently? Share your experience with the group.

2. God dives deeper into the paralytic man's heart. He does not settle for what is immediately wrong with him and understands his deepest needs already. Have you felt that God has bypassed your barriers and spoken to a deep need?

Discuss.

3. Can you give 3 examples of how we can have faith or pray for someone when they don't have the faith to help themselves?

4. If you were standing at the gates of heaven, about to enter, what are some things that currently bother you, that you would let go of before entering?

**Legacy in Action**

What could you, or your group, do between now and the next meeting to bless others? For some ideas, please visit [www.LegacyMindedMen.org/groups](http://www.LegacyMindedMen.org/groups)

**Close in Prayer**

At this time, you could ask for prayer requests from the men.

*\*Note: We recommend that each man watch the video Lesson prior to the meeting to ensure maximum impact. If not watch as a group.*