

“Rejoice with those who rejoice, weep with those who weep (Rom. 12:15); Bear one another’s burdens and so fulfill the law of Christ (Gal.6:2). If we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin ...If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 Jn. 1:7,9).

Q1 - What Are Your Joys?

Get at the answer to this main question by asking several of these related questions:

- *What is causing you to smile?*
- *What are you excited about?*
- *What are you grateful and thankful for?*
- *Where have you seen God answer prayer or working in your life?*
- *Was there a moment in the past week or days that has brought you great pleasure?*
- *What in your life is worth rejoicing over?*

Before you move on, spend some time talking about how you can see your Heavenly Father as the source of all these joys and how these joys should lead you to praise Him and trust Him more.

Q2 - What Are Your Burdens?

Get at the answer to this main question by asking several of these related questions:

- *What are you worrying/anxious/fearful about?*
- *What are your biggest disappointments, difficulties or struggles?*
- *What is frustrating you?*
- *What problems are weighing you down?*
- *What things have happened that you’re trying to sort out?*
- *What sins (thoughts, words, deeds) do you find yourself tangled in? Wrestling against?*

Before you move on, seek to apply the truth of the gospel to these burdens by answering: How should God’s sovereignty, power, mercy, compassion, supply, love, justice, holiness, purpose, and/or forgiveness, etc. revealed at the cross affect the way we should respond to our burdens? In other words, what lies do you need to put off, and what truths of the gospel do you need to put on?

Q3 - What Are You Seeking?

Get at the answer to this main question by asking several of these related questions:

- *What drives you? What gets you up in the morning?*
- *Where or who are you looking to for comfort or approval?*
- *Where does your free time and your money go to?*
- *What are you trying to control?*
- *What are you hoping for? Are there things that you hope to accomplish this week, this year?*
- *What are your goals, your dreams?*

Before you close your time by praying for one another, talk about what you each may be seeking more than God that has the potential to become an idol that enslaves and how you can more faithfully and joyfully seek Christ, the only Master that will free you, forgive you and fulfill you.