



THE WEIGHT I CARRY

GENRE:Contemplative

TIME: 1:54

VERSES

- Matthew 11:29-30
- John 15:10-12
- 1 Thessalonians 2:19-20
- Psalm 71:22-24
- Psalm 94:18-19

RECOMMENDED SONGS

- Enough
- Open the Eyes of My Heart
- Trading My Sorrows
- Amazing Grace (My Chains Are Gone)

SYNOPSIS

We each carry around so many hurts, burdens, and struggles. Some seem to be insignificant on the surface while others feel impossible to shake. Added up, these struggles are overwhelming and can suffocate the joy intended for our lives.

DISCUSSION QUESTIONS

- What are some of the weights or burdens you carry?
- What are some temptations we face in society?
- What rewards is the Bible referring to?