



2—Blessed With A Burden

Using the DVD: If you are using the accompanying DVD*, allow the group to respond to the first question before launching into your small group study (below). By the way, a “Popeye moment” is when Popeye says, “I’ve had all I can stanz and I can’t stanz no more!” You should resume the DVD when prompted.

Transition: Right or wrong, we’ve all had our “Popeye moments.” But how can you discern whether a burden is from the Lord? When rightly burdened by something, what is your typical response? Do you complain about it? Ignore it? Embrace it? Or something else?

God blesses us both physically and spiritually, but sometimes in ways that aren’t always appreciated as blessings at the moment. The focus of this second lesson is that **God has blessed you with a burden—a divine hurt intended to spur you into action.**

1. Name some examples of individuals in the Bible who were given a divine burden. In what way were they “ruined” by it and how did God use them to make a difference?

A divine burden might be something that...

- 1) makes you angry (i.e., Moses, Exodus 2:11-15),
- 2) breaks your heart (i.e., Nehemiah, Nehemiah 1:1-12), or
- 3) you care about that others don’t (i.e., David, 1 Samuel 17:25-26)

You can process each group members’ response as it is shared; or after everyone has shared, go back and look at these three examples. The important thing is to identify each individual’s “true” burden, notice how he/she responded, and how he/she were “ruined” by it (broken and dependent on God.) Some other examples that might be shared: Esther (Esther 4:1-17), Habakkuk (Hab. 1:1-4, 12-13; 2:1-3; 3:1, 16-19), Paul (Romans 9:1-5, 10:1), Epaphras (Col. 1:6-8; 4:12-13).

2. **Resume the DVD to pose the next question**, “Finish the sentence: My divine burden is...” In other words, What makes your heart ache? What are you most passionate about concerning God’s will and kingdom? Does your burden regard yourself, others or God’s glory?
3. “In order to feel burdened, you first must be exposed to the need.” This is why some never feel “called” toward a particular ministry (for one reason or another they have a diminished world- view). How have you seen this principle in practice?
4. **Use the DVD to pose the next question**, “How can you expose yourself more to your burden? How can you put yourself in situations in which you can allow your burden to “ruin” you?”

Take It Home: During the next couple of weeks, make your burden a part of your daily conversation with God. Ask Him for direction about what actions He wants you to take. If you are having trouble identifying a burden, ask the Lord to show you what he loves and what makes Him angry.

*If you aren’t using the DVD, the following questions are posed for discussion: (1) Ice-breaker: Describe a time when you had a “Popeye moment.” (2) Finish the sentence: My divine burden is _____. (3) How can you expose yourself more to your burden?