

Title: Becoming Together
Series: 2026 Fall Vision Series
Speaker: Kevin Sneed
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Key Texts: Matthew 11:28-30, John 14:6

Introduction

There are currents of life that are always pulling us one way or another - our ideologies, mental maps, and our visions of the good life. When life gets heavy, we are tempted to respond in one of two ways - to either do more and try harder, or to escape and to numb our longing with the pursuit of something or someone else. The question set before us as apprentices of Jesus is this: How do we construct behaviors that carry us through storms, currents, and through every season of life? How do we allow Christ to be formed in us, so that we can hold fast to our vows and commitments to Him? Kevin used the images of marriage vows, a trellis, and an anchor to help us understand the life that God is inviting us into - one of steady

presence and participation with God that transcends the ebbs and flows of life and the perpetual currents of our circumstances and emotions. Just as a trellis lifts a vine off of the ground so it can grow and flourish, a rule of life provides structure for our lives that enable us to commune with Him and flourish in every season.

Icebreaker: What is one anchor habit in your life that has helped you stay steady in hard seasons? Or, if you can't think of one, what is one habit that you want to intentionally incorporate into your regular rhythms?

Discussion Questions

1. Read **Matthew 11:28-30** aloud as a group. You may find it helpful to read it once in the New International Version, and once in The Message. What do you find compelling about Jesus' invitation? Is there anything you find confusing or challenging to understand?
2. Kevin mentioned that when we are faced with the responsibilities we carry and the storms and currents of this life, we are often tempted to respond in two ways - either by trying harder and doing more, or by escaping and pursuing something or someone else. Trying harder is exhausting, and escape is temporary. Which of these, trying harder or escaping, is your default? How does Jesus' invitation in Matthew 11:28-30 offer a third way that is different from both?
3. Kevin said we are all already under a yoke: our worldview, our mental maps, and how we make sense of reality. The question is whether that yoke is leading us into the communion with God we were created for. Read **John 14:6** together. The life of Jesus is what we experience when we live the way of Jesus together with the *truth* of Jesus. What yoke (i.e., busyness, approval, control, or success) do you notice shaping your life right now? How might Jesus be inviting you to trade that yoke for His, and how might He be inviting you to learn *from* Him, not just about Him?

4. David Brooks wrote: *"The most complete definition of a commitment is this: falling in love with something and then building a structure of behavior around it for those moments when love falters."* Spend some time reflecting on the three images Kevin used to help us better understand the life that Jesus is inviting us into - vows, a trellis, and an anchor. Which of these three most stood out to you, and why? How do they help you better understand what commitment to Jesus looks like?
5. Kevin reminded us that we don't make our vows out of fear or legalism; they are ultimately an expression of love. Are there currently any spiritual habits or practices that you see as a burden or are approaching as a box to check rather than as a trellis that helps you grow? What do you think has made it feel that way? What do you think is one small change you could make so that habit feels more like time with Jesus and less like a duty (i.e., changing the time, the place, the length, or who you do it with – or even swapping it out for another habit)?
6. The ultimate goal of the rule of life and all of these habits and practices is communion with God – and for Christ to be formed in us. Jesus invites us into a "with God" life - He invites us to walk with Him, to learn from Him, and to take up His very way of life. As you think about building your own rule of life, what is one habit you want to start or recommit to in this season? How can our group pray for you and support you in it, whether through encouragement, a check-in text, or practicing it together?

Practice: Rule of Life Customary

Revisit the Rule of Life Customary card from Sunday. You can also find it online by going to cpc.org/rule. Spend some time prayerfully considering how Jesus might be inviting you to take up His easy yoke by organizing your life around presence to God and participation with Him. The goal is not to fill out every line in this card, but simply to begin to imagine with the Lord what it could look like to incorporate these practices of attentiveness, renewing the mind, hospitality, and vocation into your daily, weekly, seasonal, and annual rhythms.

Consider sharing what you write on your card with one or two other people - perhaps someone else in this group, a spouse, a roommate, a close friend. Invite them to be praying for you as you offer these rhythms to God as means through which you can commune with Him and Christ can be formed in you.

Pray that these commitments would be led by the Spirit and motivated by love, rather than fear or legalism.