

RECOVERY HANDOUT

 Chapter 3 of the book teaches us about the necessity of recovery to help us live from the heart Jesus gave us.

 Opening Questions:

1. What stood out to you from the chapter?
2. What are some of the things that we need help recovering from?


 Scripture:

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” **Matthew 11:28–30**

 3. What word or phrase from the passage stands out to you and why?

 4. What are we learning as to why some relationships feel heavy or draining?

 5. What is Jesus’ answer as to how we achieve recovery for the relational burdens we carry and the emotional pain we bear?

 Pray, asking Jesus to help us live from the heart He gave us—rooted in joy, even in the middle of pain.

[Growth and Recovery Tool Kit](#)